

# Scrambled Chickpea Pitas

Adapted from [thekitchn.com](http://thekitchn.com)

Serves 6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



## Ingredients

- 1 yellow onion, diced
- 2 tablespoons cooking oil, such as olive, grapeseed, coconut, or canola
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 3 cans chickpeas, rinsed and drained
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 teaspoon salt or to taste
- 4 cups baby spinach, roughly chopped
- 3 whole wheat pitas, halved
- 1/2 cup salsa or hummus, optional

## Directions

1. Place half of the chickpeas into a food processor and pulse until mashed but not smoothly pureed. Alternatively, mash in a medium bowl with a fork. Set aside.
2. Heat oil in a large skillet over medium-high heat. Add onions and cook until lightly browned, stirring occasionally, about 4 minutes. Add garlic and cook until fragrant, about 30 seconds. Add bell peppers and cook until tender, about 4 minutes.
3. Add whole and mashed chickpeas, cumin, turmeric, and salt. Cook until chickpeas soften, stirring occasionally, about 4 minutes. Add spinach and cook until wilted, about 1-2 minutes.
4. If serving immediately, spread 1-2 tablespoons of hummus or salsa if using inside pitas, then fill each pita with chickpea filling.
5. If freezing, allow chickpea mixture to cool, then follow step 4. Wrap each pita in foil and place them in an airtight bag or container and freeze. To serve, heat in oven at 350°F for about 20 minutes if thawed or 30 minutes if frozen, or until warmed through. Alternatively, remove the foil and microwave until warmed throughout.

Recipe from Meals to Boost Energy, Fall 2016



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