

 **Prep:** 30 minutes
 **Cook:** 10 minutes
 **Servings:** 4

Crunchy Chickpea Pita Sandwich

INGREDIENTS

Chickpea Croutons

2, 15 ounce cans of chickpeas,
rinsed and drained
4 large cloves of garlic, *minced*
Olive oil
1-2 teaspoons ground cumin
½ teaspoon coriander
½ teaspoon salt

Sour Crema

½ cup sour cream
1 clove of garlic, *minced*
1 Tbs Lemon juice
Fresh cracked black pepper, to taste

Sandwich

4 Pita
4 cups lettuce, *chopped*
1 cup cherry tomatoes,
halved or quartered
1 cup cucumber, *sliced and quartered.*
Peel if desired.
2 oz feta cheese, *crumbled*

DIRECTIONS

1. Make the chickpea croutons. Preheat oven to 350 degrees. Spread rinsed and drained chickpeas on sheet pan. Drizzle with olive oil. Roast for 20 minutes, stir and roast for 10-20 minutes more until they are roasted to your liking. After removing them from the oven, sprinkle with cumin, coriander and salt, stirring to distribute the seasonings. While chick peas are roasting...
2. Assemble the Crema. Combine the sour cream, lemon juice, garlic and pepper.
3. Chop the lettuce, cherry tomatoes, cucumbers and feta and any other desired toppings.

To assemble the sandwich:

4. Warm the pita for 2-3 minutes in the oven. Carefully remove to plates.
5. Spread 1-2 Tablespoons of the Sour Crema onto each pita
6. Layer each pita with 1 cup lettuce, ¼ cup tomatoes, ¼ cup cucumbers, 2 Tbs feta and ½-¾ cup of chickpea croutons

Nutritional Analysis, per serving (without optional toppings)

Calories 363	Carbohydrate 47g	Protein 13g
Total Fat 14g	Fiber 2g	Sodium 843mg
Saturated Fat 6.5g	Sugar 9g	(37% DV)



Canned Beans
OPEN THE POSSIBILITIES