

Scrambled Chickpea and Spinach Pitas | Hosted by Christine McNamara, Student Health Registered Dietitian

Adapted from Kelli Foster at: <https://www.thekitchn.com/recipe-scrambled-chickpea-and-spinach-pitas-234095>

Makes 12

Ingredients:

- 6 (15-ounce) cans garbanzo beans, drained and rinsed
- ¼ cup coconut oil
- 1 medium onion, diced
- 2 medium red bell peppers, cored, seeded, and diced
- 2 ½ teaspoons ground cumin
- 2 teaspoons ground turmeric
- 1 teaspoon garlic powder (no salt)
- 1 teaspoon kosher salt
- 6 cups baby spinach, coarsely chopped
- 6 regular-sized pita breads, halved to form half moons



Preparation:

1. Add half of the chickpeas to a food processor fitted with the blade attachment and pulse until broken down but not pureed. (Alternatively, place in a large bowl and mash with a fork). Set aside.
2. Heat the coconut oil in a 12-inch (or larger), high-sided skillet over medium heat until shimmering.
3. Add the onions, stir to coat with the oil, and cook until soft, 4-5 minutes.
4. Stir in the bell peppers, cumin, turmeric, garlic powder, and salt, and cook until the peppers are tender, about 4 minutes.
5. Add the mashed and whole chickpeas, stir to combine, and cook until they begin to soften, about 5 minutes.
6. Stir in the spinach, cooking just until wilted, about 3 minutes. Remove the pan from the heat.
7. To serve immediately, divide the chickpea mixture between the pitas, filling each half with ¾ to 1 cup of mixture.

Notes:

- Reheating:
 - If not serving immediately, let the chickpea mixture cool completely before filling, then wrap each pita half tightly in aluminum foil. Refrigerate or freeze in resealable plastic bags. Reheat uncovered in a 325°F regular or toaster oven until warmed through, about 20 minutes if refrigerated or about 30 minutes if frozen.
- Storage:
 - The stuffed pitas wrapped in foil can be stored in resealable plastic bags in the refrigerator for up to 3 days or in the freezer for up to 3 months.