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Chickpea and Cucumber Pita with Roasted Vegetables

What Will I Need?

- Small saucepan w/ lid
- Sauté Pan
- Spoons to mix
- Whisk
- Knife
- Cutting board
- 2 Large mixing bowls
- Measuring spoons
- Measuring cups

What's in the Kit?

FILLING:

- 1 cup brown rice
- 1 cup canned chickpeas, rinsed & drained
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 large cucumber, quartered, seeded and sliced
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 1 medium tomato, seeded and chopped
- 1 small sweet red pepper, chopped
- 1 small zucchini, roasted & cut into bite size pieces
- 1 small yellow squash, roasted & cut into bite size pieces

DRESSING:

- 1/2 cup ranch salad dressing
- 1/4 cup mayonnaise
- 1 tablespoon Italian salad dressing
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 12 pita pocket halves

How Do I Make It?

1. Cook 1 cup brown rice according to package directions. Allow to cool in the refrigerator.
2. In a medium sauté pan, combine chickpeas, cumin, & garlic powder and toast heat chickpeas until spices are toasted and chickpeas get a slight crunch.
3. In a large bowl, combine the seasoned chickpeas, cucumber, olives, tomato, red pepper, zucchini, squash, cheddar cheese, and onion.
4. In a small bowl, combine the ranch dressing, mayonnaise, Italian dressing, garlic powder and pepper; pour over chickpea and vegetable mixture and toss to coat.
5. Fill each pita half with a scant 1/2 cup of the mixture.

Tip: Warm the pitas in the microwave or oven for just for a few seconds to make them more pliable and easier to fill without ripping.

Scan QR code and watch how this recipe is made.

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