

Roasted Chickpea Gyros

Ingredients

1 (15 ounce) can chickpeas
1 tablespoon olive oil
1 tablespoon paprika
1 teaspoon ground black-pepper

1/2 teaspoon cayenne pepper
1/4 teaspoon salt
4 pita flatbreads
1 cup tzatziki
1/4 red onion
2 lettuce leaves (chopped)
1 tomato (sliced)

Directions

1. Pat dry chickpeas with paper towel, removing any skins that may come off.
2. Gently toss chickpeas with oil, paprika, black pepper, cayenne pepper, and salt.
3. Spread chickpeas onto a greased rimmed baking sheet and roast at 400° F for about 20 minutes.
4. Spread some tzatziki onto one side of the pita, then sprinkle in 1/4 of the chickpeas and veggies. Fold in half and enjoy!



Makes 4 servings

*Nutrition information per serving
(1 gyro):*

*331 calories, 12g fat,
11.5g protein
45g carbohydrates, 575mg
sodium*