

Chickpea Gyros with Tzatziki Sauce

Cooking Instructions

1. Combine ingredients cucumber through lemon juice to make tzatziki sauce. Place in fridge to chill.
2. Sauté chickpeas with spices for about 10 minutes, using 1-3 Tbsp of water every so often to keep from sticking to pan.
3. Slice tomatoes and onions.
4. Assemble gyro by spreading pita with about an 1/8 cup of hummus, placing about a ½ cup of chickpeas on top of hummus, then topping with tomato, onion and finally tzatziki sauce. Enjoy!

Recipe

- ½ large cucumber, finely grated
- 1 ½ cups unsweetened yogurt (I like soy or almond)
- 1 large clove of garlic, minced
- ¼ cup fresh dill, finely chopped
- Salt/pepper to taste
- 1 ½ Tbsp lemon juice

- 1 15oz can chickpeas, drained and rinsed
- 1 tsp each cumin and garlic powder
- 1/2 tsp each sea salt + black pepper
- 1/2 tsp smoked (or regular) paprika
- 1/4 tsp each ground coriander + cinnamon
- salt/pepper, to taste

- 7-10 cherry tomatoes, halved or quartered depending on size
- ¼ red onion, thinly sliced
- Hummus of choice
- Pita breads

Grocery List (add optional toppings to list as desired)

Produce

- 1 large cucumber
- 1 package cherry tomatoes
- 1 lemon
- 1 red onion
- garlic
- 1 bunch fresh dill

Canned Goods/Grocery

- 1 15oz can chickpeas
- Pita breads

Spices

- salt
- pepper
- cumin
- garlic powder
- smoked (or regular) paprika

- coriander
- cinnamon

Dairy

- 1 ½ cups unsweetened yogurt
- Hummus

