



## Greek Chickpea Salad Pitas



Entire recipe: 355 calories, 9.5g total fat (4.5g sat. fat), 889mg sodium, 56g carbs, 13g fiber, 6g sugars, 18g protein

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**Prep:** 10 minutes



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### Ingredients

1/2 cup canned chickpeas, drained and rinsed  
1/4 cup chopped cucumber  
1/4 cup chopped tomato  
3 tbsp. tzatziki yogurt sauce (like the kind from [Trader Joe's](#))  
2 tbsp. crumbled feta cheese  
2 tbsp. finely chopped red onion  
1 whole wheat pita, cut into 2 pockets  
Optional: chopped fresh dill

### Directions

In a medium bowl, combine all ingredients except pita bread. Stir well.

Spoon mixture into the pita halves.

#### MAKES 1 SERVING

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