



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

[Click for WW Points® value*](#)

Prep: 10 minutes



More: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.