**Scrambled Chickpea and Spinach Pitas**

Serves: 12  
Taken from: thekitchn.com

**Items Needed:** cutting board, kitchen knife, food processor, large skillet, can opener, colander, stirring spoon

**Ingredients:**

* 6 (15-ounce) cans low sodium garbanzo beans, drained and rinsed
* 1/4 cup olive oil
* 1 medium onion, diced
* 2 medium red bell peppers, cored, seeded, and diced
* 2 1/2 teaspoons ground cumin
* 2 teaspoons ground turmeric
* 1 teaspoon garlic powder (no salt)
* 1/2 teaspoon kosher salt
* 6 cups baby spinach, coarsely chopped
* 6 regular-sized pita breads, halved to form half moons

**Directions:**

1. Add half of the chickpeas to a food processor fitted with the blade attachment and pulse until broken down but not puréed. (Alternatively, place in a large bowl and mash with a fork.) Set aside.
2. Heat the olive oil in a 12-inch (or larger), high-sided skillet over medium heat until shimmering. Add the onions, stir to coat with the oil, and cook until soft, 4 to 5 minutes. Stir in the bell peppers, cumin, turmeric, garlic powder, and salt, and cook until the peppers are tender, about 4 minutes.
3. Add the mashed and whole chickpeas, stir to combine, and cook until they begin to soften, about 5 minutes. Stir in the spinach, cooking just until wilted, about 3 minutes. Remove the pan from the heat.
4. To serve immediately, divide the chickpea mixture between the pitas, filling each half with 3/4 to 1 cup of the mixture.

*Reheating:*

1. If not serving immediately, let the chickpea mixture cool completely before filling, then wrap each pita half tightly in aluminum foil. Refrigerate or freeze in resealable plastic bags. Reheat uncovered in a 325°F regular or toaster oven until warmed through, about 20 minutes if refrigerated or about 30 minutes if frozen.

**Nutrition Information (per 1 pita half):**

Calories: 275 Fat: 7 g Carbs: 40 g Protein: 11.5 g Fiber: 11.5 g **Sodium:** 361 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

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