

Minted veggie pita pockets

Serves: 4



Ingredients

- 1 can garbanzo beans, rinsed and drained
- 2/3 cup plain yogurt
- 1/4 cup red pepper, chopped
- Green scallions
- 2 tablespoons fresh mint, finely chopped
- 1 garlic clove, minced
- 1/2 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- 4 standard pita breads
- Torn romaine leaves
- 2/3 cup crumbled feta or goat cheese

Preparation

In a small bowl, mash garbanzo beans with fork until somewhat pasty. Add yogurt, red pepper, scallions, mint, garlic, cumin and cayenne. Cover and chill for at least 2 hours to blend flavors.

To serve, bring mixture to room temperature. Cut pitas in half vertically to form pockets.

Line pita halves with torn romaine leaves and sprinkle with cheese. Spoon mixture into pitas and serve.

Nutrition
Per serving: 330 calories; 8g total fat (4.5g saturated, 0g trans); 0mg cholesterol; 670mg sodium; 53g carbohydrates; 8g fiber; 6g sugars; 16g protein.



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