

Chickpea Gyros With Tzatziki Sauce

Instructions

1. Add all of the ingredients for the tzatziki sauce to a bowl and mix to combine. Place the sauce in the fridge to chill.
2. Sauté the chickpeas and spices for about 10 minutes, adding 1-3 tablespoons of water every so often to prevent the chickpeas from sticking to the pan.
3. Assemble the gyros: Spread $\frac{1}{8}$ cup of hummus on each pita bread, add $\frac{1}{2}$ cup of chickpeas, then top with cherry tomatoes, sliced red onion, and the tzatziki sauce. Enjoy!

Ingredients

For the tzatziki sauce:

- $\frac{1}{2}$ large cucumber, finely grated
- 1 $\frac{1}{2}$ cups unsweetened yogurt (I like soy or almond)
- 1 large clove of garlic, minced
- $\frac{1}{4}$ cup fresh dill, finely chopped
- Salt and pepper to taste
- 1 $\frac{1}{2}$ tbsp lemon juice

For the chickpeas:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tsp each: cumin and garlic powder
- $\frac{1}{2}$ tsp each: sea salt and black pepper
- $\frac{1}{4}$ tsp each: ground coriander and cinnamon
- $\frac{1}{2}$ tsp smoked (or regular) paprika

Toppings for the gyros:

- 7-10 cherry tomatoes, halved or quartered depending on size
- $\frac{1}{4}$ red onion, thinly sliced
- Any kind of hummus you enjoy
- Pita bread

Grocery List

Produce

- Cucumber
- Garlic
- Fresh dill
- Lemon
- Cherry tomatoes
- Red onion

Canned Goods/Grocery

- Chickpeas
- Pita bread
- Hummus

Spices

- Salt
- Pepper
- Cumin
- Garlic powder
- Smoked (or regular) paprika
- Coriander
- Cinnamon

Dairy

- Unsweetened yogurt