



chickpea shawarma stuffed pita



4.9 from 14 reviews

Author: Erin Alderson Prep Time: 5 mins Cook Time: 30 mins Total Time: 35 minutes Yield: 2 large servings

Cuisine: lunch

A flavorful vegan sandwich with chickpeas cooked in shawarma spice then stuffed in a pita with hummus and lettuce.

chickpeas:

SCALE

- 3 cloves garlic, minced
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon sea salt
- 1 teaspoon turmeric powder
- 1 teaspoon ground allspice
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground black pepper
- Pinch of cayenne pepper
- 3 tablespoons olive oil
- 2 cups cooked chickpeas (or 1-15 ounce can, drained and rinsed)
- 1/3 cup thinly sliced red onion
- 1/4 cup thinly sliced red pepper

pita:

- 2 whole wheat pita with pockets
- 1/4 cup hummus
- 1 to 2 handfuls chopped lettuce
- Feta, optional
- Parsley, for topping

Preheat oven to 400° F. In a medium bowl, combine minced garlic with spices (cumin through the cayenne pepper). Add in the olive oil and stir until well combined/paste has formed. Stir in the chickpeas, red onions, and red pepper, using a spatula to toss and coat. Transfer chickpeas to a roasting pan and cover with foil. Bake for 30 minutes until chickpeas are hot and onions are tender.

Slice each pita in half and heat the pita until just warm enough they are pliable. Open the pocket and spread 1 tablespoon of hummus in each. Follow with a handful of lettuce and 1/4 of the chickpea mixture. Repeat with remaining pita halves. Serve with extra hummus, parsley, and feta if desired.

Tips & Tricks: Make the chickpeas ahead of time. They are great for dinner as a grain bowl- use half for dinner then save the other half for this lunch.

Stock up: get the pantry ingredients you will need: [chickpeas](#), [pita](#), [lettuce](#)

Nutrition: [See the information.](#)

Calories: 669 Sugar: 10 Sodium: 1684 Fat: 30.1 Carbohydrates: 84.5 Fiber: 20.9 Protein: 23.7 Cholesterol: 0



did you make this recipe?

Tag [@naturallyella](#) on Instagram and hashtag it [#naturallyella](#)

Find it online: <https://naturallyella.com/chickpea-shawarma-stuffed-pita/>

Exclusive Member of Mediavine Food