Chickpea Gyros

- 2 Tbsp olive oil
- 1 (15 oz.) can chickpeas (garbanzo beans), drained
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- Salt and pepper to taste
- 1 cucumber
- 1 bag of lettuce
- Whole wheat pita bread
- Plain Greek yogurt (5-6 oz)
- 1 lemon
- Garnish: Tomatoes & feta cheese
Chickpea Gyros

1. Wash hands with warm soapy water for 20 seconds, making sure that you scrub under the finger nails, around the wrists, and in between your fingers.
2. Open can of chickpeas and place in a colander to rinse.
3. Once done rinsing the chickpeas, dry them thoroughly on a clean kitchen towel.
4. Heat 2 tbsp. of olive oil in a large pan over medium high heat.
5. Add chickpeas to the pan and season with salt and pepper.
6. Cook, stirring frequently for 8 minutes.
   a. At 8 minutes: add cumin, oregano, paprika, garlic powder, and another pinch of salt to the pan.
   b. Stir frequently to avoid burning the chickpeas.
   c. Toss to evenly coat the chickpeas.
   d. Cook for another 1-2 minutes, until the chickpeas are crispy, but not burnt.
7. Prepare the vegetables/garnish items.
   a. Cut cucumber into 1/4 inch slices.
   b. Squeeze lemon (about 1 tbsp.) into plain Greek yogurt for sauce. Stir the lemon and yogurt together.
   c. If lettuce is not pre-washed, wash and dry lettuce.
8. Split pita bread and add chickpeas, yogurt dip, lettuce, cucumbers, tomatoes, and sprinkle feta cheese on top.