Piled-High Vegetable Pitas

Source: eatingwell

Fresh, bright flavors come alive in these easy vegetarian pitas. Give yourself enough time to make the roasted vegetables called for in the recipe or make them a day or two in advance for a healthy meal that takes less than 30 minutes to prepare.

SERVINGS: 4 PREPPING TIME: 15 MINS COOKING TIME: 25 MIN

Ingredients

- 1 cup canned no-salt-added chickpeas (garbanzo beans), rinsed and patted dry
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground pepper
- 2 cups Roasted Butternut Squash and Root Vegetables
- 1 1/3 cups Lemon-Roasted Mixed Vegetables
- 1 cup fresh baby spinach
- 1/2 cup cherry tomatoes, halved
- 1/4 cup crumbles reduced-fat feta cheese (1 oz.)
- 2 (6 to 7 inch) whole-wheat pita bread rounds, halved horizontally and lightly toasted
- 1/2 cup hummus
- lemon wedges

Nutrition Facts	
4 Servings **Serving Size**	**1/2 of recipe**
Amount per serving **Calories**	**399**
Total Fat	14.8g
Saturated Fat	2.8g
Cholesterol	5mg
Sodium	722.5mg
Total Carbohydrates	52.7g
Dietary Fiber	12.7g
Total Sugars	6.9g
Protein	15.1g
Potassium	858.9mg

Directions

1 **Cook** Heat oil in a 10-inch skillet over medium heat. Add chickpeas; sprinkle with paprika, garlic powder, cumin, and pepper. Cook, stirring frequently, until the chickpeas are lightly browned, 6 to 8 minutes

1 **Prep** Transfer the chickpeas to a medium bowl. Add Roasted Butternut Squash ad Root Vegetables, Lemon-Roasted Mixed Vegetables, spinach, tomatoes, and feta; toss gently to combine. Serve with pita, hummus, and lemon wedges.

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