Mashed Chickpea Pitas

Ingredients

- 2 garlic cloves, minced
- 6 tablespoons plain low-fat Greek yogurt, divided
- 2 tablespoons mayonnaise
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon salt
- 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1/2 cup diced peeled cucumber
- 1 tablespoon chopped fresh dill
- 1 carrot, shredded
- 2 (6-inch) pitas, cut in half
- 4 curly leaf lettuce leaves

Instructions

1. Combine garlic, 5 tablespoons yogurt, and next 4 ingredients (through chickpeas) in a bowl; mash with a potato masher or fork until almost smooth or to desired consistency. Stir in cucumber and dill.
2. Combine remaining 1 tablespoon yogurt and carrot in a small bowl; stir well to coat.
3. Line each pita half with 1 lettuce leaf; fill with 1/2 cup chickpea mixture and 2 tablespoons carrot mixture.

Source: http://www.myrecipes.com/recipe/mashed-chickpea-pitas-50400000115795/

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