

SPICY LENTIL CHICKPEA PITA



MADE WITH:

Blount Lentil Chickpea SIDE

Frozen: 24725

INGREDIENTS

For each pita:

- 1 Pita Pocket
- 1/4 Cup of Blount Lentil Chickpea Side
- 1/4 Cup of Cooked White Rice
- 2 TBSP Tzatziki Sauce
- 4 Cucumber Slices

Tzatziki Sauce:

- 7oz unflavored Greek Yogurt
- Juice of 1/2 a lemon
- 1/2 cup of Fresh Cucumber, peeled and finely minced
- 1 TBSP fresh dill, chopped
- 1/2 tsp Salt
- Fresh Cracked Pepper to taste

DIRECTIONS

- Heat the Lentil & Chickpea Side.
- Add the Cooked rice to the pita.
- Add hot Lentil & Chickpea to the pita.
- Shingle the cucumber slices into the pita.
- Drizzle the Tzatziki Sauce over the top.
- Serve with cucumber spears and extra sauce for dipping.

