

# Market District Demo Recipes

## Entrée



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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## Scrambled Chickpea and Spinach Pitas

Serves: 12

Modified from: [www.TheKitchn.com](http://www.TheKitchn.com)

**Items Needed:** cutting board, knife, food processor, large skillet, can opener, colander, stirring spoon

### Ingredients:

- 6 (15-ounce) cans low-sodium garbanzo beans, drained and rinsed
- ¼ cup olive oil
- 1 medium onion, diced
- 2 medium red bell peppers, cored, seeded and diced
- 2 ½ teaspoons ground cumin
- 2 teaspoons ground turmeric
- 1 teaspoon garlic powder
- ½ teaspoon kosher salt
- 6 cups baby spinach, coarsely chopped
- 6 regular-sized pita breads, halved to form half moons

### Directions:

1. Add half of the chickpeas to a food processor fitted with the blade attachment and pulse until broken down but not pureed (alternatively, place in a large bowl and mash with a fork). Set aside.
2. Heat the olive oil in a 12-inch (or larger), high-sided skillet over medium heat until shimmering. Add the onions, stir to coat with the oil, and cook until soft, 4 to 5 minutes. Stir in the bell peppers, cumin, turmeric, garlic powder, and salt, and cook until the peppers are tender, about 4 minutes.
3. Add the mashed and whole chickpeas, stir to combine, and cook until they begin to soften, about 5 minutes. Stir in the spinach, cooking just until wilted, about 3 minutes. Remove the pan from the heat.
4. To serve immediately, divide the chickpea mixture between pitas, filling each half with ¾ to 1 cup of the mixture.

5. If not serving immediately, let the chickpea mixture cool completely before filling, then wrap each pita half tightly in aluminum foil. Refrigerate or freeze in resealable plastic bags. Reheat uncovered in a 325F regular or toaster oven until warmed through, about 20 minutes if refrigerated, or 30 minutes if frozen.

**Nutrition Information (per 1 pita half):**

Calories: 275 Fat: 7 g Carbs: 40 g Protein: 11.5 g Fiber: 11.5 g Sodium: 361 mg