Chickpea Breakfast Pitas with Beetroot Yogurt

2 meals: 2 filled pita halves each, plus half of all remaining beetroot yogurt and carrot-walnut slaw | Active 25 min | Cook 10 min | Total 30 min

Ingredients

- 2 whole-wheat pitas, about 6 inches/15 cm across (120 g total)
- 7 oz canned chickpeas, drained, rinsed and dried (200 g)
- About 3/4 cup plus 1 tablespoon plain nonfat Greek yogurt (200 g)
- 3 1/2 oz plain cooked beetroot, drained and weighed (100 g)
- 1 medium carrot, trimmed and grated (100 g)
- A small handful walnuts, chopped (20 g)
- 1 tablespoon olive oil (15 ml/13.5 g), divided
- 2 tablespoons lemon juice (30 ml/30 g), divided
- A small handful fresh dill, chopped (6 g), divided
- 1/2 teaspoon ground cumin (1 g)
- 1/4 teaspoon fine salt (1.5 g), divided
- 1/4 teaspoon ground black pepper (0.5 g)

Set out

Kitchen scale, knife, board and box grater, 10-inch/25 cm skillet and spatula, Compact blender or immersion blender with tall jug, Two mixing bowls and a clean covered bowl for warmed chickpeas, Fork

Allergens

Wheat, Milk, Tree nuts (walnut), Some pita breads contain sesame; check the actual bread and other package labels.. Check labels and substitutions.

Make it

1. Blend the drained plain cooked beetroot with all the yogurt, 1 tablespoon/15 ml lemon juice, half the dill and half the salt until thick and smooth. Cover and keep cold. The recipe begins with cooked beetroot; cooking it from raw is not included in the 30-minute total.

2. Toss the grated carrot and chopped walnuts with the remaining 1 tablespoon/15 ml lemon juice, 1 teaspoon/5 ml oil, remaining dill and black pepper. Set aside while warming the chickpeas.

3. Heat the remaining 2 teaspoons/10 ml oil in a 10-inch/25 cm skillet over medium heat. Add the chickpeas, cumin and remaining salt. Cook for 4–5 minutes, stirring, until steaming hot. Transfer to a clean covered bowl and roughly mash half of them with a fork.

4. Wipe the skillet and warm each pita over medium-low heat for about 30 seconds per side, just until pliable. Cut each in half and gently open the pockets. Divide all the chickpeas equally among the four halves, about 50 g chickpeas per half.

5. Put about 2 tablespoons/30 g beetroot yogurt and a small spoonful of slaw into each half without forcing the seam open. Serve two halves per person, sharing all the remaining beetroot yogurt and slaw equally beside the bread. Both the filled pita and its side portions belong to the serving.

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Estimated nutrition per serving

Calories: 530 kcal | Protein: 26.2 g | Carbohydrate: 72.8 g | Fat: 17.6 g | Fiber: 13.3 g. One of 2 servings. Batch yield: 2 meals: 2 filled pita halves each, plus half of all remaining beetroot yogurt and carrot-walnut slaw. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Pack the parts, not a soggy sandwich

For a breakfast taken along to work or training, carry chickpeas, spread and slaw in separate cold containers with the bread protected from moisture. Assemble when ready to eat and divide the whole batch into the stated two meals.

A useful detail

Use plain cooked, boiled-and-drained beetroot for the base and estimate, not pickled beetroot. The whole batch of yogurt and slaw is served between two people; the pocket alone is not the complete nutrition portion.

Another way

Replace 20 g walnuts with 20 g sunflower seeds, checking packaging for allergens and cross-contact.

Replace the 100 g cooked beetroot with 100 g cooked, drained carrot for an orange yogurt spread; the flavor and estimate will change.

Keep it well

Keep components separate at 40°F/4°C or below for up to 2 days, within the beetroot's original storage clock and any shorter yogurt opening guidance. Cool cooked chickpeas promptly in a shallow container and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Assemble at eating time. If reheating saved chickpeas, bring them to 165°F/74°C throughout before filling; keep the yogurt cold. Carry chilled components in an insulated bag with two cold sources.