**Spinach, Chickpea, and Chicken Pitas**

1. **WHAT DO I NEED TO PREPARE THIS DISH?**

* 1/2 small red onion.
* wine vinegar.
* extra virgin olive oil.
* chicken breasts.
* 2 cloves garlic.
* 1 15 oz. can low-sodium chickpeas.
* Spinach.
* 4 pieces pita bread, halved and toasted.
* Kosher salt and pepper.
* Greek yogurt.

1. **HOW DO I PREPARE IT?**
2. Combine the onion, vinegar, and 1 teaspoon oil.
3. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Season the chicken with 1/4 teaspoon each salt and pepper and cook, tossing twice, until golden brown, 4 to 6 minutes.
4. Add the garlic and cook, stirring until starting to turn golden brown, 1 to 2 minutes. Add the chickpeas, half the spinach and 1/4 teaspoon each salt and pepper and cook, tossing, until beginning to wilt, about 1 minute. Add the remaining spinach and continue cooking, tossing until just wilted, 1 to 2 minutes; remove from heat.
5. Fill the pitas with the chicken and spinach mixture, top with the onions and drizzle with any vinegar remaining in the bowl. Serve with yogurt, if desired.

