

# VEGGIE PITA SANDWICH WITH FETA CHEESE

Yield: 1 Serving



**TOTAL TIME:** 15 minutes

## INGREDIENTS

- 1 Food You Feel Good About Wheat Pita (pocket bread), split
- 1 Tbsp. Wegmans Basting Oil
- ¼ cup thinly sliced seedless cucumber
- 2 radishes, trimmed, thinly sliced (about ¼ cup)
- ½ plum tomato, finely diced (about ⅓ cup)
- 4 kalamata olives, quartered
- 1 Tbsp. Wegmans Tzatziki (Cheese Shop)
- 2 Tbsp. Food You Feel Good About Roasted Garlic Hummus (Dairy Dept.)
- ¼ cup loosely packed broccoli sprouts (Produce Dept)
- 2 peppadews (Mediterranean Bar), quartered
- 2 tsp. Greek Barrel Aged crumbled feta cheese (Cheese Shop)
- Salt and pepper to taste

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## PREPARATION

1. Drizzle cut sides of pita with basting oil. Toast 2–3 min. in toaster oven, or in 350 degree oven on cookie sheet lined with parchment paper.
2. Combine cucumber, radishes, tomato, and olives in small bowl. Toss with tzatziki sauce.
3. Spread each pita half with 1 Tbsp. hummus.
4. Make sandwich by layering pita with sprouts, cucumber mixture, peppadews, and feta. Season to taste with salt and pepper.

## NUTRITION

**Per serving:** Calories: 450; Fat: 26 g (4 g saturated fat); Cholesterol: 10 mg; Carbohydrates: 50 g; Fiber: 10g; Protein: 13 g; Sodium: 790 mg.

Recipe courtesy of Wegmans