

# Greek Pita Sandwiches

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-pita-wrap-recipe>

## Ingredients:

- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice about 1 1/2 lemons
- 1/2 teaspoon minced garlic about 1 small clove
- 1/4 teaspoon dried oregano
- 1 pinch fine sea salt
- 2 pitas 7" - 8", cut in half
- 2 1/2 cups spinach packed then chopped into small ribbons.
- 3/4 cup cucumber sliced in 1/4" rounds, then quartered, about 1/2 a medium cucumber
- 1/3 cup Kalamata olives pitted and quartered
- 1 tablespoon purple onion chopped fine
- 1/2 pint cherry tomatoes
- 2 Roma tomatoes
- 1/3 cup feta leave off or sub dairy free if needed
- 6 leaves fresh basil torn into small pieces
- 6 black pepper Grinds of
- 3/4 cup hummus Prepared

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 10 milligrams
4. Fat: 16 grams
5. Fiber: 7 grams
6. Protein: 10 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 670 milligrams
9. Sugar: 4 grams

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