

Greek Veggie Pita Sandwich with Parsley Tzatziki

Yield: 2 min
Total Time: 20 min

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

Ingredients:

- 2 veggie burgers Heirloom Bean
- 1 small tomato
- 1/2 cucumber small
- 1/4 red onion a small
- 1/4 cup feta crumbles
- 2 pita large
- 1/2 cup plain greek yogurt
- 1/2 cup cucumber chunks, seeds removed
- 1/4 cup feta crumbles
- 1 tablespoon fresh parsley
- 1/2 tablespoon lemon juice
- 1 garlic clove minced

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 35 milligrams
4. Fat: 14 grams
5. Fiber: 10 grams
6. Protein: 24 grams
7. SaturatedFat: 6 grams
8. Sodium: 1140 milligrams
9. Sugar: 7 grams

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