

Roasted Vegetable Pita Sandwich

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/tzatziki-recipe-easy-south-africa>

Ingredients:

- 2 zucchini small, sliced
- 2 red peppers sliced
- 8 ounces baby portobello mushrooms sliced
- 1 onion small, sliced
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 whole wheat pitas
- lettuce
- 1/2 cup crumbled feta cheese
- tzatziki sauce for serving

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 15 milligrams
4. Fat: 9 grams
5. Fiber: 8 grams
6. Protein: 12 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 850 milligrams
9. Sugar: 11 grams

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