

Greek Salad Pita Sandwiches

What you need:

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 1/4 cups chopped seeded plum or cherry tomatoes
- 1 cup diced seeded peeled cucumber
- 1 cup chopped green bell pepper
- 2/3 cup chopped red onion
- 1/2 cup chopped radishes
- 1/2 cup chopped fresh Italian parsley
- 1 cup crumbled feta cheese (about 4 1/2 ounces)
- 4 8-inch-diameter whole wheat pita breads, halved



All you do:

1. Whisk olive oil and red wine vinegar in large bowl. Season dressing with salt and pepper.
2. Mix tomatoes, cucumber, bell pepper, red onion, radishes, and parsley into dressing. Stir in feta cheese. Using slotted spoon, transfer salad mixture to pita bread halves. Serve immediately.

*Salad can be made 2 days ahead. Cover and chill.

Nutritional Information Per serving: 397 calories, 20g fat (7g saturated), 33mg cholesterol, 775mg sodium, 45g carbohydrate, 7g fiber, 13g protein