



Greek Salad Pita Pocket



INGREDIENTS

- 1 cup chopped Romaine lettuce
- 3 ounces Feta cheese, crumbled
- 1 cup seeded and chopped cucumbers
- 1 cup chopped red peppers
- 1 cup chopped green peppers
- 1/4 cup chopped red onion
- 2 tablespoons chopped fresh parsley

Dressing:

- 2 tablespoons lemon juice
- 1 tablespoon extra virgin olive oil
- 1 teaspoon oregano
- salt to taste
- pepper to taste
- 4 pita rounds

DIRECTIONS

Combine first 7 ingredients in a large bowl and gently toss with your hands to combine. In a small bowl, combine the dressing ingredients, whisk together and add salt and pepper to taste. Pour the dressing over the top of the mixed salad and toss again to combine. Cut the pita rounds in half and fill each half with the dressed salad mixture.

Tip: Make this lunch more hearty by tossing in a handful of canned, drained organic chickpeas or grill free range chicken (Rinse canned beans thoroughly)

I kid you not, this makes a delicious breakfast! I get a creamy, delicious, satisfying hot bowl of millet-coconut goodness with perfect results every time