



Roasted Vegetable Pita With Creamy Feta Dressing

 Vegetarian

READY IN



25 min.

SERVINGS



3

CALORIES



564 kcal

Ingredients

- 0.3 cup basil shredded
- 0.3 cup basil shredded
- 1.5 teaspoon brown sugar
- 1.5 teaspoon brown sugar
- 0.5 cup chickpeas
- 1 cup eggplant cut into 1/2-inch pieces
- 0.5 cup feta cheese crumbled
- 4 teaspoons dill dried fresh

- 1 teaspoon thyme dried fresh chopped (or)
- 2 garlic clove thinly sliced
- 0.5 teaspoon garlic powder
- 3 tablespoons juice of lemon
- 4 tablespoons milk (soy is okay)
- 2 tablespoons olive oil
- 4 tablespoons olive oil
- 1 small onion cut in 1/2-inch pieces
- 1.5 teaspoons oregano dried fresh chopped (or)
- 2 wholewheat pita breads
- 0.5 cup yogurt plain
- 1 bell pepper green red cut into 1/2-inch pieces (you may use)
- 0.3 teaspoon salt to taste
- 0.5 teaspoon salt
- 1 large tomatoes cut into 1/2-inch pieces

Equipment

- bowl
- baking sheet
- mixing bowl
- blender
- broiler pan

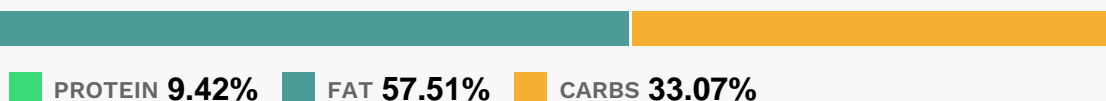
Directions

- Prepare and cut the vegetables.
- Combine in a mixing bowl all of the above ingredients, except the tomatoes, basil leaves, dressing, and pita halves. You may leave the chickpeas out, if you wish. Toss vegetable mixture to lightly glaze the vegetables with olive oil. Spoon vegetable mixture onto a broiler pan or cookie sheet coated with nonstick cooking spray. Broil 5 minutes, add tomatoes and basil leaves to vegetable mixture and stir. Baste with additional marinade and broil for an additional

5 minutes or until vegetables are just tender and lightly browned. Tomatoes and basil should be just warmed; if you prefer the tomato softer, add with vegetable mixture at the beginning. Prepare the dressing while vegetables are broiling. Divide the vegetable mixture evenly between pita halves.

- Drizzle with Creamy Feta Dressing.
- Serve. Creamy Feta Dressing:
- Combine all ingredients except the dill into a blender and blend until smooth. Scrape the sides of the blender as needed.
- Add more milk as needed to get a consistency that is rather thin and pourable.
- Pour into a bowl and stir in dill.
- Add more lemon juice if a tangier taste is preferred. Enjoy! This makes enough for 2-4 servings.

Nutrition Facts



Properties

Glycemic Index:163.92, Glycemic Load:23.45, Inflammation Score:-9, Nutrition Score:22.731304347826%

Flavonoids

Delphinidin: 23.42mg, Delphinidin: 23.42mg, Delphinidin: 23.42mg, Delphinidin: 23.42mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 564.19kcal (28.21%), Fat: 36.96g (56.86%), Saturated Fat: 8.65g (54.06%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 41.38g (15.05%), Sugar: 13.03g (14.47%), Cholesterol: 29.96mg (9.99%), Sodium: 1106.31mg (48.1%), Protein: 13.62g (27.24%), Vitamin C: 51.1mg (61.94%), Vitamin K: 55.89µg (53.23%), Manganese: 0.9mg (45.03%), Vitamin E: 5.04mg (33.57%), Calcium: 322.63mg (32.26%), Phosphorus: 279.32mg (27.93%), Fiber: 6.44g (25.77%), Folate: 99.68µg (24.92%), Vitamin B2: 0.41mg (23.98%), Vitamin A: 1164.34IU (23.29%), Vitamin B6: 0.45mg (22.66%), Iron: 3.73mg (20.71%), Vitamin B1: 0.28mg (18.64%), Potassium: 649.36mg (18.55%),

Magnesium: 65.84mg (16.46%), Copper: 0.31mg (15.43%), Zinc: 2.19mg (14.57%), Vitamin B12: 0.68µg (11.36%),
Vitamin B3: 2.17mg (10.85%), Selenium: 6.78µg (9.68%), Vitamin B5: 0.96mg (9.58%), Vitamin D: 0.36µg (2.41%)