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Greek Salad Pita Sandwiches ♦

Greek Salad Pita Sandwiches are a delicious and refreshing vegetarian option. They are made with fresh vegetables, feta cheese, and a tangy Greek dressing, all stuffed inside a warm pita bread. This recipe is perfect for a light lunch or dinner.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

200 g	Romaine Lettuce
150 g	cucumber
200 g	Tomato
50 g	red onion
50 g	Kalamata Olives

100 g	feta cheese
100 g	greek dressing
200 g	pita bread

Directions

Step 1

Cutting

Wash and chop the romaine lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Peel and dice the cucumber.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Chop the tomato into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cutting

Thinly slice the red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cutting

Pit and chop the kalamata olives.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Cutting

Crumble the feta cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Mixing

In a large bowl, combine the lettuce, cucumber, tomato, red onion, kalamata olives, and feta cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Mixing

Drizzle the Greek dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Oven, stove

Warm the pita bread in the oven or on a stovetop griddle.

Prep Time: 5 mins

Cook Time: 0 mins

Step 10

Cut, mixing

Cut the pita bread in half and stuff each half with the Greek salad mixture.

Prep Time: 0 mins

Cook Time: 0 mins

Step 11

Serving

Serve the Greek Salad Pita Sandwiches immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	10 g	35.71%	40%
Cholesterol	15 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	8 mg	0.24%	0.31%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Cuisines

Mediterranean Greek

Course

Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe
Lactation Friendly Allergy Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)
Flexitarian Diet Weight Watchers (WW) Diet
MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)
Volumetrics Diet Paleo Diet The Whole30 Diet Atkins Diet Ketogenic Diet
Low Carb, High Fat (LCHF) Diet South Beach Diet Zone Diet Ornish Diet
Nutrisystem Diet TLC Diet (Therapeutic Lifestyle Changes) Nordic Diet
Okinawa Diet Alkaline Diet Macrobiotic Diet Intermittent Fasting 5:2 Diet
16:8 Diet Warrior Diet OMAD (One Meal a Day) Diet Body for Life Diet

Low FODMAP Diet Slow Carb Diet Vegetarian Diet Vegan Diet

Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet Fruitarian Diet Engine 2 Diet Blood Type Diet

Ayurvedic Diet Traditional Chinese Medicine (TCM) Diet Anti-Inflammatory Diet

The Acid Reflux Diet Gluten-Free Diet Low Glycemic Index Diet

Low Sodium Diet The Fast Metabolism Diet Nutrient Timing Diet

The 80/10/10 Diet The Gerson Therapy The Swiss Secret Diet

The Scarsdale Diet The Cabbage Soup Diet The Hallelujah Diet

The Mayo Clinic Diet The Beverly Hills Diet The Hollywood Diet

The Lemonade Diet The Grapefruit Diet The Rice Diet

The Sleeping Beauty Diet The Baby Food Diet The 3-Hour Diet

The French Women Don't Get Fat Diet The Cookie Diet The F-Plan Diet

The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet

The Five-Bite Diet The Negative Calorie Diet The Ice Cream Diet

The Master Cleanse Diet The Subway Diet The SlimFast Diet

The Cambridge Diet The Shangri-La Diet The Best Life Diet The 3-Day Diet

The CICO (Calories In, Calories Out) Diet The Eat-Clean Diet

The Peanut Butter Diet The Bulletproof Diet The Carnivore Diet

The Dukan Diet The HCG Diet The Optavia Diet The Pritikin Diet

The Starch Solution Diet The Vertical Diet The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet

The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet

The Hypothyroidism Diet The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet

The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet The High-Fiber Diet The Low-Fat Diet

The High-Protein Diet The Low-Protein Diet The High-Calcium Diet

The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet

The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet

The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet

The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet

The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet

The Acne Diet The Migraine Diet The Celiac Disease Diet

The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet

The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet

The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet

The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet

The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet

The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet

The Chronic Urticaria Diet The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet

The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet
The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet
The Myasthenia Gravis Diet
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet
The Eosinophilic Esophagitis (EoE) Diet
The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet
The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet
The Seasonal Affective Disorder (SAD) Diet
The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet
The Bipolar Disorder Diet The Schizophrenia Diet
The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet
Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Grilling Frying Baking Boiling Steaming Microwaving Blanching
Sautéing Roasting Smoking Curing Blending Grinding Freezing
Canning Drying Pickling Sous Vide Pasteurizing Fermenting Infusing
Pressing Jellying Carbonating Whipping Stirring Simmering Cutting
Cut Mixing Resting Plating Serving Cooking None Stir-frying
Mashing Preheating Sprinkling Heating Refrigerating Preparation
Cooling Oven Stove

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease
Inflammatory bowel disease (IBD) Irritable bowel syndrome (IBS) Celiac disease
Diverticulitis Hemorrhoids Appendicitis Gallstones Pancreatitis
Liver disease Gastroparesis Gastroenteritis Hepatitis Colorectal cancer

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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