

# BEYOND HUNGER

## Oven Roasted Greek Stuffed Pitas

*This is a simple way to bring delicious Greek flavors to your kitchen! These pita pockets are packed with fiber and flavor - this is also a great recipe to use when meal prepping lunch or dinner.*

**Yields:** 8 servings

**Serving Size:** ½ round pocket (filled)

### Ingredients:

- 1 medium **red onion**
- 2 medium **green bell peppers**
- 1 small **eggplant**
- 2 **Roma tomatoes**
- 1 boneless, skinless **chicken breast**
- 4 cloves **garlic**
- 3 Tbsp **olive oil**
- 3 Tbsp **lemon juice**
- ½ Tbsp **dried oregano**
- 1/8 tsp freshly cracked **black pepper**
- 2 oz. **feta cheese**
- ¼ bunch **fresh parsley**
- 4 whole **pita breads** (8 half round pockets)

### Instructions:

1. Preheat oven to 400°F. Slice red onion and bell pepper. Cut the eggplant and tomatoes into one-inch chunks. Place the red onion, bell pepper, eggplant, and tomatoes into a large 9x13 inch casserole dish. Slice the chicken into very thin strips and then add to the casserole dish with the vegetables.
2. Mince the garlic and add it to a small bowl along with the olive oil, lemon juice, oregano, and freshly cracked black pepper. Stir to combine, then pour over the chicken and vegetables. Toss until everything is well coated.
3. Roast the chicken and vegetables in the preheated oven for 60 minutes, stirring once every 20 minutes. After roasting, top with crumbled feta and roughly chopped fresh parsley. Divide the mixture evenly between the pita pockets and enjoy warm.

**Per Serving:** Calories 199 kcal, Carbohydrates 24.1g, Protein 10g, Saturated Fat 2 g, Sodium 248 mg, Fiber 3.7g, Sugar 4g.  
This recipe was adapted from BudgetBytes.com