



Recipe

SPINACH AND FETA PITA SANDWICHES

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| 1 cup (250 mL) yogurt | 2 tbsp (25 mL) slivered fresh mint |
| 1 clove garlic, crushed | 1 tbsp (15 mL) red wine vinegar |
| 1/4 tsp (1 mL) cayenne pepper | 1 tbsp (15 mL) olive oil |
| 1 cup (250 mL) diced seeded English cucumber | 6 cups (1.5 L) baby spinach |
| 1/4 cup (50 mL) chopped drained
oil-packed dried tomatoes | 3/4 cup (175 mL) shredded feta cheese |
| 2 tbsp (25 mL) thinly sliced green onion | 4 pita bread, halved crosswise |

To prepare dressing, combine yogurt, garlic and cayenne pepper; set aside. Combine cucumber, tomatoes, green onion, mint, vinegar and oil. Stir in spinach and cheese. Fill pita halves with spinach mixture. Spoon dressing over top of spinach mixture. Serves 4.

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