



GREEN CHEF

SWEET POTATO PITA POCKETS

romaine, olives, bell pepper, hummus, lemon crema, feta cheese

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
770

MENU
VEGETARIAN // MEDITERRANEAN

Is it our imagination, or does everything taste better in a pita pocket? Exhibit A is this vegetarian combo that's packed with various flavors and textures. Inside each warm whole-wheat pita, you'll find a spread of creamy hummus and sour cream spiked with bright lemon zest. Smoky roasted sweet potato and a super-satisfying Greek salad fill out the pocket, with more salad served alongside. There's already feta in the salad, but we love this salty, tangy cheese so much that we saved some to scatter over the finished dish.

INGREDIENTS (10 ITEMS)

- 1 whole **Sweet potato**
- 1/4 tsp **Smoked paprika & garlic blend**
- 1 whole **Lemon**
- 5/4 oz **Romaine lettuce**
- 1/8 oz **Kalamata olives**
- 1 unit **Red bell pepper**
- 2 oz **Sour cream** M
- 2 oz **Feta cheese** M
- 2 whole **Whole-wheat pita breads** W
- 4 oz **Hummus**

WHAT YOU'LL NEED

- baking sheet
- mixing bowls
- measuring spoons
- whisk
- microplane
- oven mitt
- olive oil
- 1 tsp sugar
- salt & pepper

ALLERGENS

- M MILK
- W WHEAT

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 ROAST SWEET POTATO

- Preheat oven to 425 degrees.
- Halve **sweet potato** lengthwise. Lay flat and slice into half-moons, about ¼ inch thick.
- Place **sweet potato** in a medium bowl. Drizzle with 1½ tablespoons olive oil. Season with **smoked paprika and garlic blend**, about ½ teaspoon salt, and a pinch of pepper. Stir to combine.
- Spread **sweet potato** out in a single layer on a baking sheet. Roast 12-15 minutes, or until fork-tender, flipping halfway through.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Zest whole **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**.
- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ¼ inch wide; discard root end.
- Roughly chop **Kalamata olives**.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.

**The ingredient you received may be a different color.*

3 MAKE LEMON CREMA

- Add **sour cream** to bowl with **lemon zest**. Lightly season with salt and pepper. Stir in water 1 teaspoon at a time until mixture reaches a drizzling consistency.

4 MAKE SALAD

- Place juice from two **lemon wedges**, 1 teaspoon sugar, and 2 tablespoons olive oil in a large bowl. Lightly season with salt and pepper. Whisk to combine.
- Add **lettuce, olives, bell pepper**, and half of the **feta cheese**. Toss to combine.

5 TOAST PITAS

- Place **whole-wheat pita breads** directly on oven rack. Warm 1-2 minutes, or until lightly toasted.
- Transfer **pitas** to a cutting board. Halve **pitas**.*

**The pitas are hot! Hold them steady with tongs or an oven mitt.*

6 PLATE YOUR DISH

- Divide **pitas** between plates. Spread **lemon crema** and **hummus** inside each pita. Stuff with a bit of **salad** and **roasted sweet potato**. Serve remaining **salad** on the side and garnish with remaining **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (434g)

Amount per serving

Calories 770

	% Daily Value*
Total Fat 44g	56%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 1460mg	63%
Total Carbohydrate 74g	27%
Dietary Fiber 13g	46%
Total Sugars 14g	
Includes 4g Added Sugars	8%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 256mg	20%
Iron 5mg	30%
Potassium 935mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Sweet Potatoes, Smoked Paprika & Garlic Blend (Granulated Garlic, Smoked Paprika), **Whole-Wheat Pita Breads** [stoneground whole wheat flour, water, sugar, yeast, wheat gluten, contains 2% or less of: salt, wheat starch, maltodextrin, microcrystalline cellulose, dough conditioner (bromelain), calcium propionate], **Sour Cream** [cultured cream], **Romaine Lettuce, Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Lemon, Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Bell Peppers, Hummus** [organic garbanzo beans (dry organic chickpeas, water), organic tahini (ground organic sesame), organic extra virgin olive oil, organic garlic, organic lemon juice, sea salt, non-gmo citric acid, organic spices]

Allergen information:

Contains Milk And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.