

BBQ Greek Flatbreads

EASY recipe

- 1 tbsp extra-virgin olive oil
- 2 medium sweet onions,
cut in half and sliced thinly
- 4 whole-grain flatbreads or pita
- 2 ripe tomatoes, diced
- 2 tbsp Kalamata olives,
pitted and sliced
- ½ cup feta cheese, crumbled
- 2 tbsp freshly chopped mint
or oregano

Preheat barbecue to medium. **Pour** olive oil onto 12-inch piece of aluminum foil. **Add** onions to foil and fold over sides to form a closed pouch. **Grill** 15 minutes until onions are browned. **Place** flatbreads on a barbecue-safe baking sheet. **Top** with onions, tomatoes, olives and feta cheese. **Grill** on sheet 5 minutes until cheese softens. **Top** with mint or oregano; slice and serve warm.

Makes 4 servings. Per serving:

226 calories | 13g protein | 10g total fat | 3g saturated fat | 4g mono fat | 3g poly fat | 25g carbohydrate | 4g sugar | 10g fiber | 421mg sodium