

DINNERLY



Low-Cal Greek-Style Roasted Veggies with Tzatziki & Toasted Pita



30min



2 Servings

Wouldn't it be great to be on a Grecian beach, watching the waves of the Mediterranean, sun shining down on your face? We can't exactly drop everything to make the trip right now, but at least we have this dish to tide us over. Savory roasted veggies are dressed with a vinaigrette and creamy tzatziki over a nice and toasty pita. Basically a vacation in your mouth. We've got you covered!

WHAT WE SEND

- 1 medium red onion
- 2 plum tomatoes
- 2 zucchinis
- ¼ oz pkt dried oregano
- 2 Mediterranean pitas ^{1,6,11}
- 4 oz tzatziki ^{7,15}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) ¹⁷

TOOLS

- rimmed baking sheet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 580kcal, Fat 32g, Carbs 65g, Proteins 14g



1. Prep veggies

Preheat broiler with a rack in the upper third.

Cut **onion** into ½-inch thick rings. Quarter **tomatoes**. Cut **zucchini** into 1-inch spears.



2. Broil veggies

On a rimmed baking sheet, toss **veggies** with **2 tablespoons oil**, **1 teaspoon oregano**, and **a generous pinch each of salt and pepper**. Broil on upper oven rack until tender and golden brown, about 15 minutes (watch closely as broilers vary).



3. Make vinaigrette

Meanwhile, in a small bowl, whisk together **1 tablespoon oil**, **2 teaspoons vinegar**, and **½ teaspoon oregano**. Season to taste with **salt and pepper**.



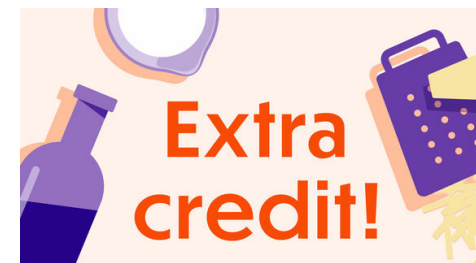
4. Toast pita

Once **veggies** are cooked, place **pitas** directly on upper oven rack and broil until lightly toasted, about 1 minute per side (watch closely).



5. Serve

Serve **pitas** topped with **roasted veggies** and drizzled with **vinaigrette**. Spoon **tzatziki** over top. Enjoy!



6. Carb it up!

Got leftover veggies, or not a fan of pita? Cook some rice instead! Rinse ½ cup rice in a fine-mesh sieve. Bring 1 cup water to a boil in a medium saucepan, then add the rice. Cover, reduce to a simmer, and cook until tender, about 17 minutes. Season with salt, pepper, and a squeeze of lemon.