

Beet and Sunflower Sprouts Sandwich with Feta

Ingredients

- 1 c fresh spinach
- 2 T sunflower sprouts
- 2 T beet sprouts
- 3 grape tomatos cut in half lengthwise
- 2 T crumbled feta
- 1 t grated parmesean
- 1/4 c plain yogurt
- 1 green lettuce leaf
- 3 olives sliced
- 6 sli cucumber thin sliced
- 2 T confetti betti vinaigarette

Instructions

Layer all ingredients on plate, toss with confetti betti - vinaigarette stuff pita allowing greens to flow onto plate atop leaf lettuce and add yogurt. Spinkle beet sprouts atop yougurt and sunflower sprouts in petite bundles atop greens.