



Elliott Evans Nutrition, LLC
Prevent and Protect
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GRILLED FETA WITH THYME

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Serves 8

- 1** 12-ounce piece Feta, at room temperature
- 6** sprigs fresh thyme
- black pepper
- 2** tablespoons olive oil
- Grilled pita, for serving

- **Heat grill to medium-low. Place the Feta in the center of a large piece of heavy-duty foil. Top with the thyme, drizzle with oil, and season with $\frac{1}{4}$ teaspoon pepper. Seal the foil to form a packet.**
- **Grill the packet, covered, until the Feta is soft in the center when pressed, 15-17 minutes.**
- **Transfer the Feta, herbs, and oil to a shallow bowl and serve with the pita.**