



Gyros

Recipe Courtesy Chef Bryan Woolley

(Pronounced 'yE-"roh)

- 6 pitas
- 2 pounds flank steaks finely sliced
- 1 tomato sliced
- 1 red bell pepper sliced
- 1 tsp cumin
- 1 tsp black pepper
- 1 tsp kosher salt
- ½ cup non-fat yogurt
- 2 tbsp dill

In a medium-size bowl combine steak, cumin, black pepper, and kosher salt. Mix to coat steak. Grill steaks until done. Combine yogurt and dill and set aside. Divide ingredients between pitas. Add a tbsp of yogurt sauce to each pita. Serve and enjoy. Serves 6.

Nutrition Facts

Serving Size: One pita and 1/6 of ingredients

Calories	495
Total Fat	13g
Saturated Fat	5g
Cholesterol	74mg
Sodium	597mg
Carbohydrate	39g
Dietary Fiber	2g
Sugars	3g
Protein	53g

Diabetic Exchanges

Protein	7
Fat	3
Carbohydrate	3

Click to create your online shopping list at

