

# Gyros-Style Steak Pitas

Serves 4

- ▶ ½ tablespoon garlic powder
- ▶ ½ tablespoon dried basil, crumbled
- ▶ ½ tablespoon dried oregano, crumbled
- ▶ ¼ teaspoon salt
- ▶ ¼ teaspoon pepper
- ▶ 1 pound boneless beef top sirloin steak  
(about ¾ inch thick) 4 4-inch whole-wheat pita breads 2 medium tomatoes, sliced
- ▶ ½ small onion, cut into thin wedges

In a small bowl, combine the garlic powder, basil, oregano, salt, and pepper. Press onto the steak.

Heat a large nonstick skillet over medium heat. Place the steak in the skillet. Cook for 10 to 13 minutes for medium-rare to medium doneness, turning occasionally. Let stand for 5 minutes.

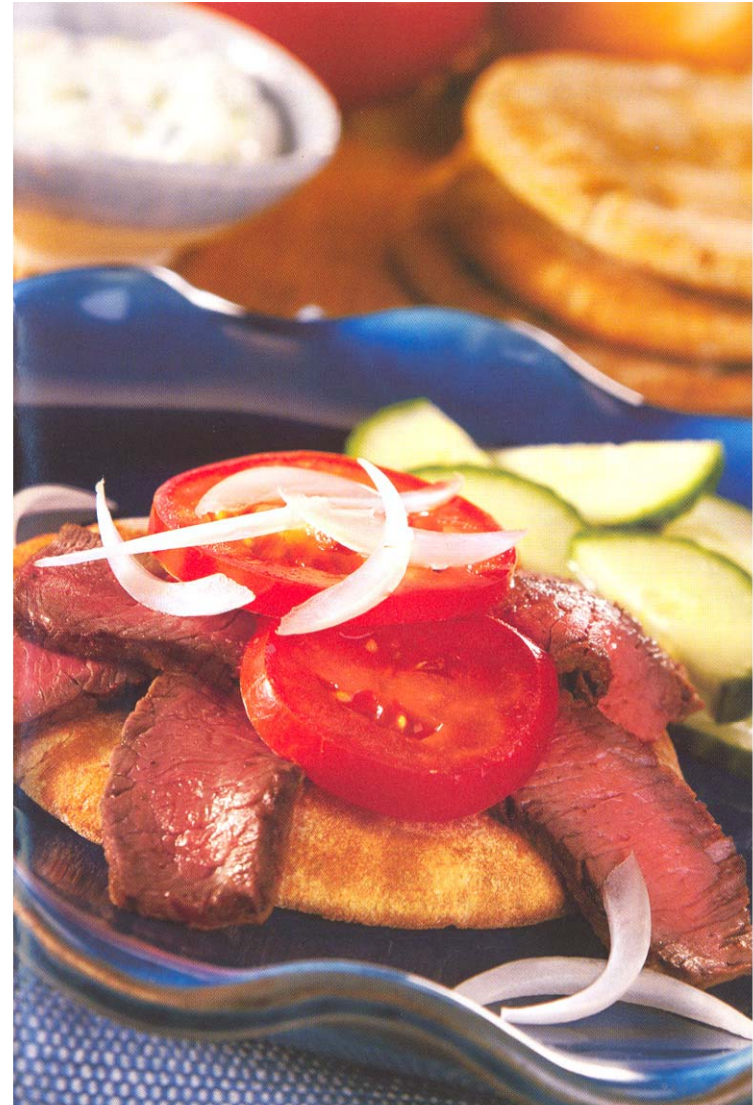
Meanwhile, prepare the tzatziki sauce (recipe follows).

To serve, carve the steak into thin slices. Put the pitas on plates. Place the beef on each pita. Top with the tomatoes and onions. Serve with the sauce.

## Tzatziki Sauce

- ▶ 1 cup fat-free or low-fat plain yogurt
- ▶ ¼ cup finely chopped cucumber
- ▶ ¼ cup finely chopped onion
- ▶ ¼ teaspoon garlic powder

In a small bowl, combine all the ingredients.



**DIETARY EXCHANGES** 1 Starch, ½ Skim Milk, 1 Vegetable, 3 Lean Meat

**NUTRIENTS PER SERVING** Calories 296; Total Fat 6 g; Saturated Fat 2.1 g; Polyunsaturated Fat 0.6 g; Monounsaturated Fat 2.1 g; Carbohydrates 27 g; Fiber 3.9 g; Cholesterol 51 mg; Protein 34 g; Sodium 402 mg; Niacin 9 mg; Vitamin B<sub>6</sub> 0.8 mg; Vitamin B<sub>12</sub> 1.8 mg; Selenium 46.5 mg; Zinc 6.1 mg; Iron 3.3 mg

This recipe is an excellent source of protein, niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, selenium, and zinc, and a good source of fiber and iron.

