



Gyros

Serves 6

(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.

Nutritional Analysis

Serving Size: One pita and 1/6 of ingredients

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

Diabetic Exchanges:

Protein	7
Carbohydrates	3
Fat	3