



MEDITERRANEAN BEEF PITAS WITH YOGURT-CUCUMBER SAUCE

Total Recipe Time:
Makes 6 servings



INGREDIENTS

- 1-1/2 pounds Top Round Steak, cut 1 inch thick
- 1-1/2 cups nonfat plain Greek or regular yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon minced garlic
- 1 medium cucumber
- Salt and pepper
- 6 white or whole wheat pita breads
- 3/4 cup plain or seasoned hummus
- 10 cherry tomatoes, quartered or 1 cup grape tomatoes, halved
- 1/3 cup halved Kalamata olives
- 3 tablespoons crumbled feta cheese

INSTRUCTIONS FOR MEDITERRANEAN BEEF PITAS WITH YOGURT-CUCUMBER SAUCE

1. Combine yogurt, lemon juice and garlic in medium bowl. Place beef steak and 3/4 cup yogurt mixture in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
2. Meanwhile, cut cucumber in half lengthwise; cut one half crosswise into 1/4-inch slices and reserve. Chop remaining cucumber half into 1/4-inch pieces. Add chopped cucumber to remaining yogurt mixture; season with salt, as desired. Cover and refrigerate.
3. Remove steaks from marinade; discard marinade. Place steak on rack of broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 18 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.) Carve steak into thin slices. Season with salt and pepper, as desired.
4. Spread pitas with hummus. Evenly top with sliced cucumbers, tomatoes and steak slices. Sprinkle with olives and feta cheese. Serve with reserved yogurt mixture.

NUTRITIONAL INFORMATION FOR MEDITERRANEAN BEEF PITAS WITH YOGURT-CUCUMBER SAUCE

Nutrition information per serving, using Top Round Steak: 428 calories; 10 g fat (3 g saturated fat; 4 g monounsaturated fat); 76 mg cholesterol; 592 mg sodium; 42 g carbohydrate; 4.0 g fiber; 40 g protein; 12.3 mg niacin; 0.5 mg vitamin B6; 1.6 mcg vitamin B12; 4.9 mg iron; 48.9 mcg selenium; 6.0 mg zinc; 114.8 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium, zinc and choline; and a good source of fiber.

Nutrition information per serving, using Flank Steak: 429 calories; 12 g fat (4 g saturated fat; 5 g monounsaturated fat); 71 mg cholesterol; 605 mg sodium; 42 g carbohydrate; 4.0 g fiber; 37 g protein; 13.8 mg niacin; 0.7 mg vitamin B6; 1.4 mcg vitamin B12; 4.1 mg iron; 45.0 mcg selenium; 5.6 mg zinc; 102.1 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber and choline.

