

Gyros

A Greek specialty, gyros are traditionally made from spiced, spit-roasted lamb. Here, we mold a ground lamb mixture into loaves. The yogurt dressing is a variation on traditional *tzatziki*.

Total time: 19 minutes

LOAVES:

1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon dried oregano
2 teaspoons fresh lemon juice
1/4 teaspoon salt
3 garlic cloves, minced
6 ounces ground lamb
6 ounces ground beef
Cooking spray
1/8 teaspoon ground red pepper

SAUCE:

1 cup peeled shredded cucumber
1/4 cup vertically sliced red onion
1 tablespoon chopped fresh mint
1/2 teaspoon garlic powder
1/2 teaspoon fresh lemon juice
1/8 teaspoon salt
1/8 teaspoon black pepper
1 (8-ounce) carton plain fat-free yogurt

REMAINING INGREDIENT:

4 pitas

Preheat broiler.

To prepare loaves, combine first 8 ingredients, stirring well. Divide mixture in half, forming each half into a 6 x 3-inch loaf. Place each loaf on a broiler pan coated with cooking spray; broil 7 minutes on each side or until done.

Sprinkle loaves with red pepper. Cut each loaf crosswise into 1/8-inch slices.

To prepare sauce, place cucumber and onion onto several layers of heavy-duty paper towels. Cover with additional paper towels; let stand 5 minutes.

Combine cucumber mixture, mint, and next 5 ingredients (mint through yogurt), stirring well. Divide meat slices evenly among pitas; top each serving with about 1/4 cup sauce.

Yield: 4 servings.

CALORIES 375 (28% from fat); FAT 11.6g (sat 4.4g, mono 4.7g, poly 1.9g); PROTEIN 25g; CARB 42.4g; FIBER 2.3g; CHOL 61mg; IRON 3.5mg; SODIUM 627mg; CALC 158mg

