

Stir-Fried Beef Gyros In Pita Pockets

Steak is stir-fried with onions and served with a yogurt sauce and vegetables in a pita.



INGREDIENTS

- 1 pound beef Round Tip Steaks, cut 1/8 to 1/4 inch thick
- 2 teaspoons minced garlic
- 1 teaspoon dried oregano
- 3 teaspoons olive oil, divided
- 1 medium onion, halved, thinly sliced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 4 pita breads, cut in half, warmed
- 2 small tomatoes, thinly sliced
- 1/2 small cucumber, cut into 1/8-inch half moons
- 1/2 cup prepared cucumber ranch dressing

30 Min 4 Servings 42 Cal 30g Protein

COOKING

1. Stack beef steaks; cut lengthwise in half, then crosswise into 1-inch wide strips. Toss with garlic and oregano.
2. Heat 2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Add onion; stir-fry 3 to 4 minutes. Remove.
3. Heat 1 teaspoon oil in same skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 minute or until outside surface of beef is no longer pink. (Do not overcook.) Remove. Repeat with remaining beef.
4. Return beef and onion to skillet; heat through. Season with salt and pepper. Serve in pita pockets with tomatoes, cucumbers and dressing.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		21g	66mg		42g	30g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

