**Nutrition Per Serving:**

calories protein carbohydrate total fat

**Prep time: Total time:**

**Yield: Serving size:**

341

1. g
2. g

6.4 g

30 minutes

30 minutes

Serves 4

1 Pita

**TURKEY PITAS WITH TAHINI-YOGURT SAUCE**

ground cumin paprika kosher salt

ground turmeric (4-ounce) turkey cutlets

(6-inch) whole-wheat pitas

thinly sliced cucum-

1.5 tablespoons sauce

**Ingredients:** Cooking spray 1 teaspoon

1 teaspoon 1/4 teaspoon 1/4 teaspoon 4

4

1 cup ber

1 cup

# Step 1

Heat a grill pan over medium-high heat. Coat pan with cooking spray. Combine cumin, paprika, salt, and turmeric in a small bowl. Rub spice mixture evenly over turkey. Add turkey to pan; cook 3 minutes on each side or until done. Remove turkey from pan.

thinly sliced red bell pepper

tahini (sesame seed paste)

plain low-fat yogurt

2 tablespoons

# Step 2

2 tablespoons

Cut off top third of each pita; reserve for another use. Add pitas to pan; grill 30 seconds on each side or until marked. Cut turkey into slices. Divide turkey, cucumber, and bell pepper evenly among pitas.

freshly ground black

1 tablespoon water 1/2 teaspoon

1 1/2 tablespoons fresh lemon juice

# Step 3

pepper

Combine tahini and remaining ingredients in a small bowl, stirring with a whisk. Serve tahini mixture with sandwiches.

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