

Beef Souvlaki

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Servings: 4

Preparation Time: 20 minutes

Broil Time: 7 minutes

You can substitute turkey, chicken or meatloaf mixture for the ground beef in this recipe.

SANDWICHES

1 pound ground beef

1/2 teaspoon dried oregano

1/2 teaspoon minced onion

1/2 teaspoon majoram

2 cloves garlic, chopped

2 tablespoons lemon juice

1/8 teaspoon salt

1/8 teaspoon pepper

4 whole wheat pitas

2 cups leaf lettuce, shredded

1/2 cup feta cheese, crumbled

SAUCE

1/2 cucumber, grated

1 container (7 oz) Greek 2% yogurt

3 tablespoons mint, chopped

2 tablespoons lemon juice

1/8 teaspoon salt

1/8 teaspoon pepper

SANDWICHES: Heat the broiler.

In a large bowl, combine the ground beef, oregano, onion, majoram, garlic, lemon juice, salt and pepper. Divide into sixteen pieces, shaping into balls, and thread onto two or three metal skewers.

Coat a broiler pan with nonstick cooking spray. Place the skewers on the pan. Set aside.

SAUCE: Squeeze excess water from the cucumber in paper towels.

In a small bowl, stir the cucumber, yogurt, mint, lemon juice, salt and pepper. Set aside.

Wrap the pitas in foil and place in the bottom of the oven. Broil the skewers for 4 minutes. Carefully flip over and broil an additional 3 minutes. Remove the warmed pitas from the oven.

Top each pita with some sauce, shredded lettuce, four pieces of meat and two tablespoons of feta.

Per Serving (excluding unknown items): 418 Calories; 34g Fat (74.0% calories from fat); 22g Protein; 5g Carbohydrate; 1g Dietary Fiber; 113mg Cholesterol; 419mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 Fat.