

## **Beef & Spinach Gyros**

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**Servings: 6**

**Start to Finish Time: 25 minutes**

**1 pound lean ground beef (90% lean)**

**1 package (10 oz) frozen chopped spinach, thawed and squeezed dry**

**6 green onions, chopped**

**1 can (2 1/4 oz) sliced ripe olives, drained**

**2 teaspoons lemon-pepper seasoning, divided**

**1 large tomato, chopped**

**1 cup (8 oz) fat-free plain yogurt**

**1/2 cup reduced-fat mayonnaise**

**6 6-inch pita breads, halved**

**12 lettuce leaves**

**1 cup (4 oz) crumbled feta cheese**

In a large skillet, cook the beef over medium heat until no longer pink.

Add the spinach, onions, olives and one teaspoon of lemon-pepper. Heat through.

Stir in the tomato. Set aside.

In a small bowl, combine the yogurt, mayonnaise and the remaining lemon-pepper.

Line the pita halves with lettuce. Fill with the beef mixture and feta cheese.

Serve with the yogurt sauce.

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Per Serving (excluding unknown items): 169 Calories; 11g Fat (56.7% calories from fat); 9g Protein; 11g Carbohydrate; 3g Dietary Fiber; 30mg Cholesterol; 464mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.