Michele Sodon

TURKEY PITAS WITH TAHINI-YOGURT SAUCE

NUTRITION PER SERVING:

CALORIES	341
PROTEIN	36 G
CARBOHYDRATE	37 G
TOTAL FAT	6.4 G

PREP TIME:	30 MINUTES
COOK TIME:	30 MINUTES

YIELD:	SERVES 4
SERVING SIZE:	1 PITA 1.5 TABLESPOONS SAUCE

INGREDIENTS:

4	(4-OUNCE) TURKEY CUTLETS
1 TSP	GROUND CUMIN
1 TSP	PAPRIKA
¼ TSP	KOSHER SALT
¼ TSP	GROUND TURMERIC
4	(6-INCH) WHOLE-WHEAT PITAS
1 C	THINLY SLICED CUCUMBER
1 C	THINLY SLICED RED BELL PEPPER
2 TBSP	TAHINI (SESAME SEED PASTE)
2 TBSP	PLAIN LOW-FAT YOGURT
1 ½ TBSP	FRESH LEMON JUICE
1 TBSP	WATER
½ TSP	FRESHLY GROUND BLACK PEPPER
COOKING SPRAY	

01 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.

02 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.

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

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