



NUTRITION PER SERVING:

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

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| PREP TIME: | 30 MINUTES |
| COOK TIME: | 30 MINUTES |

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

INGREDIENTS:

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| 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



TURKEY PITAS WITH TAHINI-YOGURT SAUCE

- 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.

