

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



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.

