Apple Turkey Gyro

A healthy twist on a classic Greek dish.

Makes 6 servings. *1 gyro per serving.*
Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients

- 1 cup sliced onion
- 1 tablespoon lemon juice
- 2 cups sliced red bell pepper
- 2 cups sliced green bell pepper
- 1 tablespoon vegetable oil
- ½ pound turkey breast, cut into thin strips
- 1 medium apple, cored and sliced
- 6 whole wheat pitas, lightly toasted
- ½ cup lowfat plain yogurt (optional)

Preparation

1. In a nonstick skillet, sauté onion, lemon juice, and bell peppers in oil until crisp-tender.
2. Stir in turkey and cook until turkey is fully cooked. Remove from heat and stir in apple.
3. Fold pita in half and fill with apple mixture; drizzle with yogurt. Serve warm.

Nutrition information per serving: Calories 215, Carbohydrate 33 g, Dietary Fiber 5 g, Protein 14 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 259 mg