



## NUTRITION PER SERVING:

<b>CALORIES</b>	341
<b>PROTEIN</b>	36 G
<b>CARBOHYDRATE</b>	37 G
<b>TOTAL FAT</b>	6.4 G

<b>PREP TIME:</b>	30 MINUTES
<b>COOK TIME:</b>	30 MINUTES

<b>YIELD:</b>	SERVES 4
<b>SERVING SIZE:</b>	1 PITA 1.5 TABLESPOONS SAUCE

## INGREDIENTS:

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

