

TZATZIKI-SAUCED GREEK STEAK WRAPS

Total preparation & cooking time: 30 minutes



- 3 beef shoulder center steaks (ranch steaks), cut 3/4 inch thick (about 8 ounces each)
- 3-1/2 teaspoons Greek seasoning (salt-free or lightly salted), divided
- 8 ounces (1 cup) plain Greek yogurt
- 1 cup finely diced unpeeled English cucumber
- 1/3 cup drained, chopped pitted kalamata olives
- 1-1/2 teaspoons minced fresh dill
- 6 soft whole-grain bread wraps, such as naan, pita or flatbread (about 7-inch diameter)
- 3/4 cup chopped grape tomatoes
- 1/3 cup crumbled feta cheese

1. Cut beef steaks into 1/4-inch thick strips. Place beef in large bowl. Add 3 teaspoons Greek seasoning; toss to coat.
2. For tzatziki sauce, combine remaining 1/2 teaspoon Greek seasoning with yogurt, cucumber, olives and dill in small bowl. Cover and refrigerate.
3. Spray large nonstick skillet with nonstick cooking spray. Heat skillet over medium heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef.
4. Spread equal amounts tzatziki sauce over one side of bread wraps. Spoon beef strips down centers of wraps. Sprinkle with tomatoes and feta; roll sides of wraps over filling into cone shape. Wrap securely with parchment paper and napkin.

Makes 6 servings.

Nutrition information per serving: 301 calories; 15 g fat (7 g saturated fat; 5 g monounsaturated fat); 79 mg cholesterol; 402 mg sodium; 12 g carbohydrate; 1.3 g fiber; 28 g protein; 4.7 mg niacin; 0.6 mg vitamin B6; 4.4 mcg vitamin B12; 3.0 mg iron; 36.6 mcg selenium; 6.3 mg zinc; 87.8 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium and zinc; and a good source of iron and choline.



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