

Greek Vegetarian Gyros with Portobello Mushrooms

INGREDIENTS:

GYROS

- 4 oz. portobello mushroom caps (1 large or 2 medium caps), don't remove gills
- 1 ½ teaspoon olive oil
- ½ teaspoon dried oregano
- ¼ teaspoon dried onion powder
- ¼ teaspoon garlic powder
- 1/8 teaspoon dried dill
- 1/8 teaspoon marjoram
- 1/8 teaspoon dried thyme
- 2 whole wheat pita rounds

TOPPINGS

- Sliced tomato
- Thinly sliced red onion
- Sliced cucumber
- Crumbled feta cheese

TZATZIKI SAUCE

- ¼ cup grated English cucumber, squeeze to remove water
- ¼ cup plain Greek yogurt
- 2 ¼ teaspoon lemon juice
- 1 ½ teaspoon olive oil
- 1 ½ teaspoon fresh dill, chopped
- 1 clove garlic, minced
- Pinch salt; pinch black pepper



DIRECTIONS:

1. Preheat the oven to 400 degrees and line a large baking sheet (or two smaller baking sheets) with parchment paper.
2. Gently rub portobello caps with a paper towel to remove any dirt. It is not necessary to remove the gills (they will add more flavor). Slice each portobello into ¼-inch-thick strips (and no thicker than ⅜-inch-thick strips).
3. In a bowl, gently toss portobello strips with oil and Greek seasoning. Spread out portobello strips and pieces in an even layer on the baking sheet(s) – it's OKAY to place them somewhat close together as they will shrink during cooking. Bake the portobello strips for 12 minutes.
4. While the portobello strips are baking, prepare the tzatziki sauce.
5. To serve, heat pita rounds directly on the rack in the hot oven for 1 minute. Divide the baked portobello strips among the pita rounds and top with tomato slices, red onions, cucumber, feta and a drizzle of tzatziki sauce.

TZATZIKI SAUCE

1. In a small bowl, combine all of the sauce ingredients; mix gently to combine.
2. Refrigerate until ready to serve.

Greek Vegetarian Gyros with Portobello Mushrooms & Homemade Tzatziki Sauce	
Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	323
% Daily Value*	
Total Fat	13.6 g 17 %
Saturated Fat	5.5 g 27 %
Trans Fat	0.4 g
Cholesterol	29.6 mg 10 %
Sodium	639.5 mg 28 %
Total Carbohydrate	40.9 g 15 %
Dietary Fiber	5.7 g 20 %
Total Sugars	6.6 g
Added Sugars	1.4 g 3 %
Protein	13.4 g
Vitamin D	0.1 mcg 1 %
Calcium	209.3 mg 16 %
Iron	2.7 mg 15 %
Potassium	406.6 mg 9 %
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Full Info at cronometer.com	