

## Gyro-Style Pita

Center for Ecoliteracy -  
Cooking with California Food

*Flavor Profile: Mediterranean*  
*4 Servings*



### Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 pound lean ground beef or substitute
- 1 garlic clove, minced
- 1 teaspoon Kosher or sea salt
- 1/2 teaspoon freshly ground pepper
- 2 whole wheat pitas, cut in half
- 2 medium tomatoes, chopped
- 1/2 red onion, thinly sliced
- 12 sprigs fresh cilantro
- 4 sprigs fresh mint
- 4 sprigs fresh parsley
- 4 tablespoons sour cream\*
- (1 tablespoon lemon juice)\**

### Directions:

- In a medium frying pan, over medium-high heat, heat the olive oil. When hot, crumble in the ground beef (substitute) and cook, stirring until lightly browned, about 5 minutes. Stir in the garlic and cook until soft, another 1 to 2 minutes.
- Sprinkle with the salt and pepper.
- Warm the pita halves.
- Spoon 1/4 of the beef mixture into each pita half, and divide the tomatoes and onions equally among the halves.
- Add 3 sprigs cilantro and 1 each of mint and parsley to each half.
- Mix the sour cream and lemon juice together and add one tablespoon to each pita half.\*

\* We did not use sour cream and lemon juice, because we made cucumber raita to go with our pita.