

Recipe Name: Beef Gyros**Recipe Category:** Lunch Entrée**Portion Size:** 1 wrap**Ingredients:** Yields: 8 servings

Ingredients	Notes:
1 lb. beef top sirloin steak, cut into thin strips	Trim all visible fat and skin, cut into strips
½ cup cucumbers	Washed, trimmed and coarsely chopped
½ teaspoon dried dill weed	
2 tablespoons garlic (divided)	Washed, peeled, and minced
2 tablespoons cup distilled white vinegar	
2 tablespoons lemon juice (divided)	
1 teaspoon onion powder	
2 tablespoons olive oil (divided)	
¼ teaspoon salt	
¼ teaspoon oregano, dried	
¼ teaspoon black ground pepper	
2 tablespoons red wine vinegar	
8 (6 inch) Pita bread rounds	
½ cup tomato diced	Washed, trimmed and diced
¼ cup red onion	Washed, trimmed and diced
1 cup lettuce	Washed, trimmed and shredded

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Place Greek yogurt, cucumber, dill weed, ½ garlic, ½ of lemon juice, white vinegar, 1/2 olive oil, pepper and salt in a blender. Blend until smooth. Chill.	
2	Wisk together, remaining garlic, lemon juice, red wine vinegar, remaining olive oil, and oregano in a large pan. Season with salt and pepper. Stir in beef strips and toss to evenly coat. Cover and marinate in refrigerator for 1 hour.	
3	Pre heat the oven's broiler and set the oven rack about 6 inches from the heat source.	
4	Remove beef from marinade and shake off excess. Discard the remaining marinade. Place beef on a large baking sheets. Broil 2- 4 minutes per side. Allow to rest for 5 minutes.	Cooked to minimum 155F degrees.
5	Heat oil in large skillet over medium heat. Heat pita bread in skillet until warm and soft. Serve warmed pita bread topped with beef strips, yogurt sauce, tomatoes, onions and lettuce.	Chilled internal temperature maintained at 41°F.

Time Temperature Sensitive food. Food safety Standards: Do not mix old product with new. Cold holding at 41 °F or colder or using time alone (less than four hours).

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Peel cucumber.

Food must be moist. Cut foods with a knife to a ½" particle size prior to layering. Moisten with broth as needed.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Peel cucumber. Food must be moist. Chop foods with a knife to 1/4" particle size prior to layering. Moisten with broth as needed.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Peel cucumber. Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to layering. Moisten with broth as needed.

Pureed: Smooth and cohesive. Peel cucumber. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree.

Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Serve ½ c. puree meat, ½ cup puree vegetables with dressing and ½ cup puree pita separately.

Therapeutic Modified Diets:

Lowfat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Omit pepper, dill, garlic, vinegar, tomatoes, lemon juice, oregano and onion.

Liberal House Renal: Use SF tortilla (recipe in cookbook). Omit salt, and yogurt sauce.

No Added Salt: No changes

2 Gram Sodium: Use SF tortilla (recipe in cookbook). Omit salt

Gluten Free: Use GF corn tortilla Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X	X				

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free