

Stir-Fry Summer Vegetable Pita

Ingredients

1 lb lean flank steak, thinly sliced against the grain
1 medium zucchini, sliced
1 medium yellow squash, sliced
1 medium eggplant, peeled, thinly sliced
1 medium tomato, diced
1 medium onion, diced
1 Tbsp olive oil, divided
Cumin, to taste
¼ tsp salt
¼ tsp pepper
2 whole-wheat pita loaves cut in half

Sauce for topping or dipping:

1/2 Tbsp olive oil
1 Tbsp lemon juice
1 tsp cumin
1 tsp minced garlic
¼ tsp salt

Directions

1. Heat ½ Tbsp olive oil in pan over high heat. Add beef to pan, cook until done, about 5 minutes; remove from pan.
2. Add remaining ½ Tbsp olive oil to pan. Add zucchini, squash, eggplant, tomato and onion.
3. Sautee until cooked, about 5-7 minutes.
4. Season with cumin to taste, salt and pepper.
5. Return beef to pan. Toss to coat.
6. Divide mixture into 4 pita pockets.
7. Whisk together olive oil, lemon juice, cumin, salt and garlic in bowl.
8. Serve pitas with dipping sauce.

Nutrition Information makes 4 servings

Per Serving

Calories: 220
Fat: 9 g
Saturated Fat: 2 g
Cholesterol: 210 mg
Sodium: 400 mg
Carbohydrate: 21 g
Fiber: 7g
Protein: 16g



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