

Lamb Pitas with Cucumber Mint Tzatziki

Serving Size: Makes 4 servings

Prep Time: 15

Cook Time: 10 minutes

Ingredients

4 whole wheat pita bread rounds
2 cups chopped or shredded romaine lettuce
1 1/2 cups small pieces leftover roasted boneless leg of lamb
3/4 cup chopped tomato
1/2 cup thinly slivered red onion

Instructions

Stir together all tzatziki ingredients in a small bowl; set aside.

Mint Tzatziki:

3/4 cup plain nonfat yogurt
1/2 cup peeled, coarsely grated cucumber
1 tablespoon chopped fresh mint
2 teaspoons fresh lemon juice
1/4 teaspoon kosher or sea salt
2 cloves garlic, minced

Cut each pita round in half. Open carefully and fill with lettuce, lamb, tomato and onion. Serve with Mint Tzatziki Sauce.

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