

Grilled Salmon Gyro with Yogurt Flatbread



Ingredients:

For the Tzatziki Sauce:

4 cloves garlic, minced
2 cups reduced-fat Greek yogurt
1/2 cup fresh dill, finely chopped
1 medium cucumber, grated
1 tablespoon kosher salt
1 tablespoon freshly ground black pepper
Zest from one lemon
Juice from one lemon

For the Flatbread:

2 cups whole-wheat flour
1 cup Greek yogurt
3/4 cup water
1 tablespoon baking powder
1 tablespoon kosher salt
Vegetable spray

For the Salmon:

2 pounds salmon
Kosher salt
Freshly ground black pepper
Garlic powder
Vegetable spray

On the side:

1 cup red leaf lettuce, chopped
1 cup reduced fat feta cheese crumbles
1 cup green onions, thinly sliced

Directions:

For the Tzatziki Sauce:

1) Combine all of the tzatziki ingredients in a bowl, and chill the sauce in the refrigerator for one hour.

For the flatbread:

1) Add the flour, yogurt, water, baking powder, and salt into a large mixing bowl and stir the ingredients together until you have a soft ball of dough.

2) Transfer the dough to a lightly floured surface and knead the dough for 2 minutes.

3) Using a pizza cutter, cut the dough into 8 equal sized pieces. Roll each piece into a ball. Cover the dough with a damp towel and let it rest for 10 to 15 minutes.

4) On your stovetop, warm a non-stick skillet over medium-high heat.

5) Using two cutting board sized pieces of waxed paper, lightly spray one side of each piece of the paper with the vegetable spray.

6) Place one piece of the wax paper, vegetable spray side up on the counter and place one dough ball on the paper. Cover the dough ball with the other piece of wax paper, vegetable sprayed side down, and roll the dough out into a circle about ¼ inch thick.

7) Remove the top sheet of wax paper from the dough and using a spatula, flip the piece of wax paper with the dough into the hot skillet and carefully peel the wax paper away.

8) Cook the dough for 3 to 4 minutes until golden brown. Turn the dough over and cook the other side for 3 to 4 minutes until golden brown. You just made your first flatbread! Repeat steps 5 through 8 with the remaining dough.

For the Salmon:

1) Heat your grill to 400 degrees.

2) Lay the salmon on a piece of aluminum foil. Lightly spray the fish with the vegetable spray then season it with the salt, pepper, and garlic powder.

3) Place the foil on the grill and cook the salmon for 10 to 12 minutes until your desired doneness.

4) Remove the salmon from the heat and flake it into large chunks.

To prepare your delicious gyros, spoon 2 tablespoons of the tzatziki sauce onto the flatbread and add the lettuce, feta cheese, and green onion. Place a generous amount of the salmon on top and serve!