



## Gyro Smashed Tacos



1/2 of recipe (2 smashed tacos): 260 calories, 8.5g total fat (4g sat. fat), 385mg sodium, 15.5g carbs, 2g fiber, 2g sugars, 27.5g protein

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**Prep:** 10 minutes    **Cook:** 15 minutes

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### Ingredients

8 oz. raw extra-lean ground beef (at least 95% lean)  
2 tbsp. crumbled feta cheese  
2 tbsp. finely chopped red onion  
1/2 tsp. garlic & herb seasoning mix (like the kinds by [Kinder's](#) and [Dash](#))  
4 street-taco-sized corn tortillas  
1/4 cup chopped cucumber  
1/4 cup chopped tomato  
1 1/2 tbsp. tzatziki yogurt sauce  
1 tsp. chopped fresh dill

### Directions

In a medium bowl, combine beef, feta, onion, and seasoning mix. Mix thoroughly. Press one fourth of the beef mixture onto each tortilla.

Bring a large skillet sprayed with nonstick spray to medium heat. Place two tortillas in the skillet, meat-side down. Using a spatula, smash the tortillas flat into the pan. Cook until beef is fully cooked, about 4–5 minutes.

Flip tortillas. Cook until lightly toasted, about 2 minutes. Transfer to a plate.

Clean skillet, if needed. Respray, and return to medium heat. Repeat with remaining meat-topped tortillas.

Top with remaining ingredients. Fold to form tacos.

#### MAKES 2 SERVINGS

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