



Mediterranean Turkey Pitas

Looking for a fresh and delicious weeknight dinner recipe? These are a nutritious spin on the viral “smash tacos” – substituted with turkey and packed with veggies for a fibre boost! These are sure to be a family favourite.

Recipe makes x 6 servings

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

1 lb ground turkey or chicken

1 cloved minced garlic (or pre-minced)

½ cup crumbled feta cheese

1 tsp salt

½ tsp black pepper

6 small pita breads

Suggested toppings: shredded romaine lettuce, sliced tomato, sliced cucumber, sliced onion, thinly sliced jalapeno, hummus

INSTRUCTIONS

1. In a bowl, combine ground turkey, garlic and seasonings. Mix until fully combined. Separate into 6 equal portions.
2. Take each portion of ground turkey and spread evenly across one side of the pita.
3. Heat a skillet over medium-high heat. Add each pita, turkey side down, and saute until golden brown. Flip so the pita is facing down in the pan until pita is toasted and turkey is fully cooked through.
4. Remove from heat and top with your preferred toppings.

Tip: Our favourite topping is our recipe for Creamy Dill Dip – so herby and delicious!

Check out our [FREE Resources](#) for more crave-worthy simple recipes and meal & snack ideas.

