



# Grilled Cod Gyro

## INGREDIENTS

1 cup English cucumber, coarsely shredded, plus ½ c. chopped  
½ cup Culinary Tours tzatziki dressing  
1 small Roma tomato, chopped  
¼ cup Hy-Vee Greek Kalamata pitted olives, drained and quartered  
1 ½ tbsp Hy-Vee zesty Italian salad dressing  
1 ½ tsp fresh dill, finely chopped, plus additional for garnish  
1 ½ (12-oz. each) pkgs. Fish Market frozen Alaskan cod fillets, (about 18-oz.), thawed  
2 tsp all-purpose Greek seasoning  
1 (12.5-oz.) pkg. Greek pita bread rounds, (5-ct.)

## PREPARATION

- 1** Strain liquid from 1 cup shredded cucumber. Stir together shredded cucumber and tzatziki dressing in small bowl; cover and refrigerate until ready to serve.
- 2** For salad mixture, place remaining ½ cup chopped cucumber, tomato, olives, Italian salad dressing, and 1 ½ teaspoons dill in medium bowl; toss to coat and set aside.
- 3** Preheat a charcoal or gas grill for direct cooking over medium-high heat (375°). Spray a large grill basket with cooking spray; set aside.
- 4** Pat fish dry with paper towels. Season both sides with Greek seasoning. Place fish fillets in a single layer in prepared grill basket. Grill fish for 10 to 12 minutes or until fish reaches 145°, turning halfway through. Place pita breads on grill rack; grill 30 to 60 seconds or until warm, turning halfway through.
- 5** To serve, flake fish. Spoon some of the tzatziki mixture on pitas; top with fish, salad mixture, and remaining tzatziki mixture. Garnish with additional dill, if desired. Fold in half to serve.

## NUTRITION FACTS

Calories: 440  
Total Fat: 20g  
Saturated Fat: 1g  
Trans Fat: 0g  
Cholesterol: 45mg

Sodium: 960mg  
Carbohydrates: 41g  
Fiber: 1g  
Sugar: 1g  
Protein: 34g