Ingredients

1 pound lean ground beef (90% lean)

1 small onion, chopped

3 garlic cloves, minced

1 teaspoon dried oregano

3/4 teaspoon salt, divided

1 cup reduced-fat plain Greek yogurt

1 medium tomato, chopped

1/2 cup chopped peeled cucumber

1 teaspoon dill weed

4 whole pita breads, warmed

Optional: Additional chopped tomatoes and cucumber

Directions

In a large skillet, cook beef, onion and garlic over medium heat 8-10 minutes or until beef is no longer pink and vegetables are tender, breaking up beef into crumbles; drain. Stir in oregano and 1/2 teaspoon salt.

In a small bowl, mix yogurt, tomato, cucumber, dill and remaining salt. Spoon 3/4 cup beef mixture over each pita bread; top with 3 tablespoons yogurt sauce. If desired, top with additional tomatoes and cucumbers. Serve with remaining yogurt sauce.