



VEGETARIAN GYROS W/ TZATIZKI SAUCE

BY CHEF DAVE ROLLS, @CHEF4HEALTH

INGREDIENTS

- 2.5 lbs. portabella or white mushrooms
- 1 28 oz can of black-eyed peas
- 2 TBSP of Fresh each, Thyme
- 1 tsp each, Braggs Amino acids, balsamic vinegar, Worcestershire sauce
- 2 slices of seeded bread
- 1/2 cup of Almond milk
- 1 tsp Apple cider vinegar
- 1/2 cup of quick oats
- 2 egg yolks
- OR 2 tbsp Chia Seeds, ground (vegan)
- 1/2 cup chopped yellow onion
- 1 clove of Garlic, minced
- 1/2 tsp kosher salt
- 1 TBSP coarse black pepper
- Optional. Mixed greens, cherry tomatoes, goat feta cheese, pickled pepper corns

INSTRUCTIONS

1. Pre heat oven to 350°
2. Soak bread in almond milk and apple cider vinegar and set a side
3. Wash mushrooms, and place into food processor or fine chop with black eyed peas, garlic, onions Pulse to desired texture
4. Add Mushroom and bean mix to large sauté pan over medium heat until mushrooms are cooked 10-15 minutes.
5. Put mixture into mixing bowl and cool.
6. Add in Amino Acid, Balsamic, Worcester sauce, herbs, drained bread, oat meal, egg yokes to bowl and mix.
7. Place mixture into 6 x 9" baking dish.
8. Place in 350° for 45 minutes
9. Remove meatless gyro loaf and let rest, Slice thin serve on salad with tzatziki sauce, kalamata olives and goat feta cheese

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Tzatziki Sauce

2 cucumbers peeled and seeded.

1 cup coconut Greek style yogurt

2 TBSP Lemon Juice

4 sprigs of fresh dill

1 TBSP minced Garlic

1-2 fresh mint leaves

Pinch of kosher salt

1. Using a box grater, grate the cucumbers into a clean towel and twist up to get as much liquid out as possible.
2. Add drained cucumbers to a mixing bowl with other ingredients.
3. Mix and store covered in refrigerator for at least 30 minutes.

Best served chilled.