

K's Kitchen: Gyros for vegetarians

By Kathryn Reed

When I was in Greece in my 20s I lived off gyros. They were easy to come by, super cheap – and oh, so incredibly delicious.

They were sold on the street. (Not sure if this is still true.) Vendors would shave off thin slices of lamb from the large spit. The meat was so tender. This was my introduction to tzatziki, which is usually made with yogurt.

This recipe allows the vegetarians and vegans in the world to get a glimpse of what a gyro is all about. I'll admit the tzatziki with the silken tofu is every bit as good as ones with yogurt.



Vegetarian Gyros

1 8-ounce package tempeh or baked tofu

1 T olive oil

$\frac{1}{2}$ C water

$\frac{1}{4}$ C minced yellow onion

2 T sodium soy sauce

1 tsp chopped fresh rosemary
1 tsp chopped fresh oregano
8 garlic cloves, minced and divided
 $\frac{1}{4}$ tsp black pepper, divided
1 package silken tofu (about 6 ounces)
 $\frac{1}{2}$ C peeled and grated English cucumber
1 T fresh lime juice
1 T chopped fresh dill
 $\frac{1}{2}$ tsp white wine vinegar
 $\frac{1}{4}$ tsp kosher salt
4 flatbread wraps
 $\frac{1}{2}$ C vertically sliced red onion
1 medium tomato, thinly sliced

Cut tempeh or baked tofu lengthwise into 8 slices.

Heat oil in a large nonstick skillet over medium. Cook tempeh/tofu until golden brown or heated through.

In bowl, mix water, onion, soy sauce, rosemary, oregano, 4 minced garlic cloves, and half of the pepper.

Add mixture to tempeh/tofu in pan. Cover, and reduce heat. Braise tempeh/tofu, turning occasionally, until liquid has mostly evaporated.

In blender, combine silken tofu and remaining 4 garlic cloves. Pour mixture into a bowl. Then add cucumber, lime juice, dill, vinegar, salt, and remaining black pepper.

Divide tempeh/tofu evenly among flatbreads, and top each with

tzatziki. Divide onion slices and tomatoes evenly among gyros.