

Herb Meatballs

2 lb. lean ground beef
1 lb. ground turkey
1 egg
1 T. lemon juice
2-6 T. green herbs (cilantro, parsley, basil, etc.), chopped, fresh if possible
1 t. grated lemon peel, optional
1/4 c. green onions, chopped
Jane's Crazy Mixed-up Salt, to taste

Blend all by hand in a bowl. Form into meatballs of desired size. Grill outside, or broil, turning once. A larger size makes them easier to handle on an outside grill.

Serve with yoghurt sauce, in pita or with rice.

Yoghurt Sauce

1 1/2 c. plain, nonfat yoghurt
1 T. lemon juice
half a cucumber, peeled and minced
1-4 T. dried mint
dill, optional
horseradish, optional

Blend all together. You may wish to pull some into a second bowl to have the horseradish version separate.

Kathy Marshak
Cosmopolitan Group of The Illinois Club
Cooking Demonstration 2/14/13