

Greek Meatballs

Prep Time 20 min Cook Time 15-20 min

Ingredients:

- 1 lb. ground turkey
- 2 tsp. Italian seasoning
- ¼ tsp. Madras curry (can sub Cumin)
- 1 tsp. fresh ground Nutmeg (bottled is fine)
- 1 T. Tomato paste (preferably a tube; will only needs 1 T.)
- ¼ c. Greek yogurt
- 2-3 cloves of garlic (2 med/lg. or 3 small)
- Balsamic vinegar reduction (see instructions below)
- 1 egg
- 1/3 c. Oatmeal
- 1-2 cloves garlic (chopped)
- Salt and pepper
- Dried dill
- Olive oil

Preheat oven to 400 degrees

Before preparing meatballs, pour just enough balsamic vinegar into a saucepan to cover the bottom. Bring to a boil and reduce until thickened. This happens very quickly, so don't walk away. Once reduced, set aside to cool. Into a large mixing bowl add turkey and season as follows: 2 tsp Italian Seasoning, ¼ tsp Madras curry, approx. 1 tsp fresh ground nutmeg, 1 T. tomato paste, ¼ cup Greek yogurt, 1 egg, 2-3 cloves chopped garlic, several cranks of fresh ground pepper and a large pinch of sea salt. Then add the balsamic reduction you made earlier. In a food processor put 1/3 cup oatmeal and 2 tsp Italian seasoning and grind into a fine meal consistency. Add oatmeal to turkey and mix all ingredients (including Balsamic reduction) until well combined; be careful not to over mix as the meatballs will become tough. Use a cookie dough scoop (or spoon) to measure meatballs. Put meatballs onto sil pat or aluminum foil lined baking sheet. If using aluminum foil, be sure to spray with cooking spray before placing meatballs on sheet. Drizzle tops of meatballs with olive oil, or spray with butter spray. Bake in 400-degree oven for 15 minutes and check them. They should be dark golden brown with a slight crust on top. If not, bake for another five minutes. Serve with Tzatziki on the side.

Tzatziki:

Combine approx. 1 cup of Greek yogurt with 2 T. dill, 1 clove chopped garlic, fresh ground pepper, pinch of sea salt, approx. 1 tsp lemon zest and a drizzle of olive oil. Combine well and taste. You may want to add more dill or garlic. This is very much to taste; no two Tzatzikis are exactly the same. Note: many Tzatziki sauces have

finely chopped cucumber in them as well. However, for the meatballs, I usually leave it out. But again, that is all down to personal taste.