



All Great Meals Begin With
Rulli Bros.
MARKETS

Mediterranean Meatballs & Minted Yogurt Dipping Sauce

Ingredients

½ cup minced onion
3 cloves of minced garlic
1 tsp. olive oil
1 tblsp. Fresh mint chopped
½ tsp. salt
¼ tsp. cumin
¼ tsp. cinnamon
1 lb. ground lamb
½ cup bread crumbs
1 egg lightly beaten

Preparation

Preheat oven to 450

In small skillet warm olive oil over medium heat, add onion and garlic and cook until softened. In mixing bowl, place softened onion and garlic; add mint, salt, cumin, cinnamon, bread crumbs, and egg. Mix together until combined then add lamb and mix thoroughly.

Roll mixture into 1 inch balls and place on cookie sheet. Bake for 8 minutes. Remove from oven and let rest for 5 minutes. Serve with Minted Yogurt Dipping Sauce.

Minted Yogurt Sauce Ingredients

1 4 oz. carton of plain Greek Yogurt
Juice of ½ lemon
2 tblsp. chopped fresh mint
1 tblsp. minced garlic

Preparation

In small bowl, combine yogurt with mint, lemon juice and garlic. Mix thoroughly and salt to taste.



For more information please visit - CaseyMaloneShow.com