



Kefta Meatball Pita Pockets

by Bill Bradley, Registered Dietitian and Cookbook Author

Ingredients (Serves 4)

Meatballs

1 ½ pounds ground beef
 1 tsp black pepper
 2 tsp cumin
 1 tsp chili powder
 ½ tsp salt
 1 Tbsp fresh cilantro, chopped
 2 tsp garlic, chopped
 1 Tbsp smoked Spanish paprika

Sauce

½ cup plain Greek yogurt
 1 tsp balsamic vinegar
 1 tsp extra virgin olive oil
 ½ tsp Spanish smoked paprika
 1 Tbsp Dijon mustard
 1 tsp dried dill
 ¼ tsp salt
 ground pepper to taste

Stuffed Pitas

4 large pitas
 1 tsp extra virgin olive oil
 ½ onion, minced
 2 medium tomatoes, sliced
 1 cucumber, sliced
 ½ red onion, sliced
 4 leaves of lettuce

Directions

1. Mix all meatball ingredients well with your hands until well combined.
2. Form into 16 meatballs and pan fry until cooked to your preference.
3. Meanwhile, make the sauce by mixing all of the sauce ingredients together in a bowl.
4. Heat up oil in grill pan. Grill one side of pita for one minute and the second side for one minute.
 *Tip, put a small plate on the pita to keep it pressed against the grill.
5. Cut pita in half and stuff each half with two meatballs, tomatoes, cucumber, red onion and lettuce. Drizzle on the sauce.