



Kefta Meatball Pita Pockets

Kefta is a Moroccan meatball or meatloaf often used in flavorful vegetable filled stews (tagines). What makes these different from typical American meatballs are the herbs and spices. Smoked Spanish paprika, cumin, and chili powder mixed with cilantro and garlic creates a savory flavor distinctive to Northern Africa. Kefta Burgers in Pita bread topped with yogurt sauce makes a delicious lunch. I love them with spicy pickles on the side and a simple onion soup.

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

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.

Serves 4

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