

Lamb Meatballs with Herbocado Sauce

Serving size: 5 or 6 meatballs + 1/4 c. sauce

Serves: 6



MEATBALLS

1 lb. ground lamb
1 clove garlic, finely minced
2 T. fresh herbs, finely chopped (mixture of mint, oregano, parsley)
Kosher salt and freshly ground black pepper

SAUCE

6 oz. nonfat Greek yogurt
1 avocado, peeled, pitted, and cut into chunks
1 clove garlic, chopped
1 T. light mayo
1 T. lemon juice
2 T. fresh herbs, finely chopped (mixture of mint, oregano, parsley)
Kosher salt and freshly ground black pepper



In a bowl combine together ground lamb, garlic, herbs, salt and pepper, until the herbs and garlic are evenly distributed. Form meatballs about the size of a small superball (little bigger than a quarter in diameter). This should make about 30-32 meatballs at this size.

Over medium heat, place meatballs in a large skillet and partially cover. Cook for about 5 minutes and turn. Reduce the heat to medium low and cook for an additional 5 minutes, then turn. Cook for another 1-3 minutes until the meatballs are cooked all the way through. Take care not to overcook or they will get a bit dry.

Remove the meatballs from the skillet and set on a paper towel covered plate to soak up some of the grease.

While the meatballs are cooking, make the sauce. In a food processor add avocado, garlic, mayo, and lemon juice. Pulse until starting to blend together. Add Greek yogurt and pulse until smooth. Remove from food processor and add herbs, stirring until well mixed. Add salt and pepper to taste.

Serve meatballs with a side of sauce.

Estimated calories: 204 cal/serving