



2017 MPF Turkey Taste-Off

Moroccan Meatballs with Yogurt Sauce

Ingredients

For the Meatballs:

*1 large egg
3 garlic cloves, minced
1 teaspoon ground cumin
1 teaspoon ground allspice
¼ cup finely chopped fresh cilantro (optional)
1-1/4 teaspoons kosher salt
½ teaspoon freshly ground black pepper
1-1/4 pounds Ground Turkey
1/3 cup panko
Vegetable oil for grilling*

For the Yogurt Sauce:

*½ English cucumber, peeled, halved lengthwise, seeded and finely diced
1 cup plain low-fat or whole milk Greek yogurt (do not use non-fat)
2 tablespoons fresh lemon juice, from one lemon
1 tablespoon chopped fresh dill
¼ teaspoon Kosher salt
¼ teaspoon freshly ground black pepper*

Optional – Serve meatballs on couscous or rice of your choice!

Recipe source: ServeTurkey.org