

MEDITERRANEAN COCKTAIL MEATBALLS with FETA DIP

SERVES: 10 | SERVING SIZE: 3 meatballs with 2 tablespoons dip | PREP: 20 minutes | READY: 35 minutes

INGREDIENTS

Meatball ingredients

- 1 large egg
- 1/4 cup 1% milk
- 1/4 cup plain bread crumbs
- 1/3 cup finely diced onion
- 1/4 cup kalamata olives, diced
- 1/4 cup plus 2 tablespoons minced fresh parsley, divided
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon crushed red pepper flakes
- 1 pound raw ground beef sirloin (90% lean/10% fat)

Feta Dip ingredients

- 3/4 cup plain low-fat Greek yogurt (such as FAGE Total 2%)
- 1/3 cup crumbled feta cheese
- 2 tablespoons diced seedless cucumber
- 2 tablespoons diced red bell pepper
- 2 tablespoons 1% milk
- 1 tablespoon minced fresh dill
- 1 clove garlic, minced
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper



DIRECTIONS

To prepare meatballs, in a bowl, whisk together egg, milk (1/4 cup), bread crumbs, onion, olives, parsley (1/4 cup), garlic (2 minced cloves), oregano, salt (1/2 teaspoon), black pepper (1/4 teaspoon), and red pepper flakes. Let stand 5 minutes, allowing bread crumbs to soften. Add ground beef and stir to combine. Fill and level a 1-tablespoon measuring spoon with meat mixture, remove mixture from tablespoon, and shape into a miniature meatball (mixture will yield 30 miniature meatballs). Arrange meatballs on a large baking sheet. Place in a preheated 350-degree oven and bake for 12 to 14 minutes, or until cooked to an internal temperature of 160 degrees.

To prepare dip, in a bowl, stir together yogurt, feta cheese, cucumber, red bell pepper, milk (2 tablespoons), fresh dill, garlic (1 minced clove), salt (1/4 teaspoon), and black pepper (1/8 teaspoon).

Transfer cooked cocktail meatballs to a serving platter along with feta dip. Garnish with remaining 2 tablespoons minced parsley and serve.

NUTRITION INFORMATION PER SERVING

124 calories, 6 g total fat, 2 g saturated fat, 0 g trans fat, 51 mg cholesterol, 279 mg sodium, 4 g total carbohydrate, 0 g dietary fiber, 2 g total sugars, 0 g added sugars, 12 g protein, 0 mcg (0%) vitamin D, 62 mg (4%) calcium, 1 mg (6%) iron, 192 mg (4%) potassium

