

**Beef, Grilled**

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# **Herbed Greek Lamb Kebabs**

J. M. Hirsch - For The Associated Press  
Palm Beach Post

**Servings: 6**

**Start to Finish Time: 30 minutes**

**2 cups plain low-fat Greek yogurt**

**4 to 5 cloves garlic, minced**

**zest and juice of one lemon**

**2 tablespoons fresh oregano, chopped**

**1 tablespoon fresh chives, chopped**

**1 teaspoon salt**

**1/2 teaspoon ground black pepper**

**2 pounds lamb loin chop, cut into 2-inch chunks**

**2 green bell peppers, cored and cut into large chunks**

**1/4 cup chopped fresh herbs, such as oregano, parsley, chives and thyme**

**1 lemon, cut into wedges**

In a large bowl, mix together the yogurt, garlic, lemon zest, lemon juice, oregano, chives, salt and pepper.

Pour half of the yogurt sauce into a bowl, cover and refrigerate.

Add lamb meat to remaining yogurt sauce in the bowl and mix to coat well. Refrigerate for at least one hour and up to twenty-four.

When ready to cook, heat the grill to medium-high. Using an oil-soaked paper towel held with tongs, oil the grill grates.

Remove the lamb from the yogurt sauce. Thread the meat onto skewers, alternating with chunks of green bell pepper.

Grill the kebabs for 5 minutes per side, turning to cook evenly.

Serve the kebabs sprinkled with chopped fresh herbs and lemon wedges for squeezing over them.

Serve with the reserved yogurt sauce.

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Per Serving (excluding unknown items): 387 Calories; 32g Fat (74.5% calories from fat); 20g Protein; 4g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 424mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 Fat.