

Meatballs with Cucumber Sauce on Flatbreads

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Servings: 4

*1 medium seedless cucumber
1 5 to 6 ounce carton plain Greek yogurt
2 tablespoons snipped fresh mint (optional)
1 package (16 ounce) frozen fully cooked meatballs, thawed
2 teaspoons Greek seasoning blend (or 1/2 teaspoon each sesame seeds, garlic powder, crushed red pepper and dried oregano)
4 flatbreads or naan (garlic or plain)
thinly sliced red onion (optional)
snipped mint leaves (optional)
orange or lemon wedges (optional)*

Preheat the broiler.

For the sauce: Coarsely shred half of the cucumber. Thinly slice the remaining cucumber. Set aside. In a bowl, combine the shredded cucumber, yogurt and mint, if desired. Cover and refrigerate.

Thread the meatballs on bamboo or metal skewers. Sprinkle greek seasoning on the meatballs. Broil on a broiler pan four to five inches from the heat for 8 to 10 minutes, turning occasionally, to heat through. During the last 2 minutes, warm the flatbreads on a pan.

Serve the sauce, sliced cucumber, onion, mint and meatball kabobs on the warm flatbreads.

Serve with the citrus wedges, if desired.

Start to Finish Time: 27 minutes

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Sandwiches

Per Serving Nutritional Analysis

| | | | |
|----------------------|------|--------------------|------|
| Calories (kcal): | 0 | Vitamin B6 (mg): | 0mg |
| % Calories from Fat: | 0.0% | Vitamin B12 (mcg): | 0mcg |

% Calories from Carbohydrates: 0.0%
 % Calories from Protein: 0.0%
 Total Fat (g): 0g
 Saturated Fat (g): 0g
 Monounsaturated Fat (g): 0g
 Polyunsaturated Fat (g): 0g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 0g
 Dietary Fiber (g): 0g
 Protein (g): 0g
 Sodium (mg): 0mg
 Potassium (mg): 0mg
 Calcium (mg): 0mg
 Iron (mg): 0mg
 Zinc (mg): 0mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Thiamin B1 (mg): 0mg
 Riboflavin B2 (mg): 0mg
 Folic Acid (mcg): 0mcg
 Niacin (mg): 0mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 0 Calories from Fat: 0

% Daily Values*

Total Fat 0g 0%
 Saturated Fat 0g 0%
 Cholesterol 0mg 0%
 Sodium 0mg 0%
 Total Carbohydrates 0g 0%
 Dietary Fiber 0g 0%
 Protein 0g

Vitamin A 0%
 Vitamin C 0%
 Calcium 0%
 Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.