

## **Middle Eastern "Meatballs" on Pita**

There is just something about eating the foods of the Mediterranean in the summer...all the gorgeous spices wafting through the air! I like to serve these "meatballs" with a Greek salad, but you can chop up tomatoes, cucumbers & onion and put on top of the "meatballs" then drizzle with the yogurt. Either way will be delicious!

Makes 4 Servings

3 cloves garlic, minced  
1 small onion, minced  
¼ cup dry breadcrumbs  
2 Tbsp. water  
2 Tbsp. chopped fresh oregano or 1 Tbsp. dried  
1 Tbsp. Dijon mustard  
1 tsp each ground cinnamon & ground cumin  
½ tsp. salt  
¼ tsp. freshly ground black pepper  
1 lb. lean ground beef

### **To Serve:**

4 pita breads

### **Yogurt Sauce:**

Stir together 1 cup plain Greek or Mediterranean yogurt, a bit of minced onion, 1 small clove garlic, 2 Tbsp. chopped cilantro, mint or dill. Place in the fridge until ready to serve.

Preheat your gas barbecue or start the coals.

In large bowl mix together the 3 cloves of garlic, the small onion, breadcrumbs, water, oregano, Dijon, spices, salt & pepper; mix in the ground beef. Divide the mixture into 8 portions; shape each around 8" metal skewers, or well soaked (30 min.) wooden skewers; pressing to form 4" sausage-shaped ovals.

Place on oiled grill over medium-high heat; close lid & grill, turning twice, until firm & no longer pink inside, about 7 minutes.

**\*\*If you would like to make the salad, please go to Phyllis' Greek Salad.**