

Lamb Meatballs with Yogurt Cucumber Sauce and Feta

1 lb ground lamb
1 cup kale leaves, finely chopped
2 T parsley, chopped
2 tsp Spike seasoning

Preheat oven to 350°. In medium bowl, combine ground lamb, kale, parsley, Spike seasoning and mix together. Using 1 rounded tablespoon lamb mixture, form meatballs and place on baking sheet. Bake for 20 minutes.

Yogurt Cucumber Sauce

1 cucumber, peeled and seeded
1 cup plain Greek yogurt
2 cloves garlic, minced
1 T extra virgin olive oil
1 T fresh lemon juice
1/4 tsp sea salt
1/4 tsp fresh cracked pepper
2 T fresh mint, chopped

In food processor, shred cucumber and set aside to drain excess liquid. In medium bowl, combine yogurt, garlic, olive oil, lemon juice, sea salt, pepper and mint. Stir in shredded cucumber and mix thoroughly. Chill for 1 hour.

Garnish

butter lettuce leaves
feta cheese, crumbled
tomatoes, chopped

Place lamb meatball in a butter lettuce leaf. Top with yogurt sauce, crumbled feta and chopped tomatoes to serve.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN