

Turkish Meatballs with a Cucumber-Yogurt Dipping Sauce



POINTS® Value: 1
Servings: 12
Level of Difficulty: Easy

Lean ground beef is combined with fiber-rich bulgur and fragrant spices in this easy appetizer—perfect for any party.

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Ingredients

- 1/2 cup uncooked bulgur
- 1 sprays cooking spray
- 1/2 pound uncooked lean ground beef (with 7% fat)
- 1/4 cup scallion(s), sliced
- 3 Tbsp cilantro, fresh, chopped, divided
- 1 1/4 tsp minced garlic, divided
- 1 1/4 tsp ground cumin, divided
- 3/4 tsp table salt, divided
- 1/2 tsp paprika
- 1/4 tsp ground cinnamon
- 1 cup plain fat-free yogurt
- 1/4 cup cucumber(s), finely diced
- 2 Tbsp radishes, finely diced
- 1 Tbsp dill, fresh, chopped

Instructions

1. Cook or soak bulgur according to package directions; drain any excess water and let cool.
2. Place oven rack in center of oven and preheat oven to 425°F. Coat baking pan with cooking spray.
3. Put beef, scallions, 2 tablespoons of cilantro, 1 teaspoon each of garlic and cumin, 1/2 teaspoon of salt, paprika, cinnamon and drained bulgur in a large bowl; combine ingredients with your hands until well-mixed.
4. Roll meatball mixture into twenty-four 1 1/4-inch balls; place on prepared pan. Bake until lightly browned and cooked through, about 10 to 12 minutes.
5. Meanwhile, to make dipping sauce, in a small bowl, combine yogurt, cucumber, radish, dill, remaining tablespoon of cilantro, and remaining 1/4 teaspoon each of garlic, cumin and salt; mix well.
6. To serve, place meatballs on a serving platter with toothpicks and spoon sauce into a small bowl. Yields 2 meatballs and about 1 1/2 tablespoons of sauce per serving.

Notes

- You can form the meatballs up to 6 hours before cooking this recipe and keep them refrigerated until you're ready to cook them. The dipping sauce can be made up to 6 hours ahead, too, but stir in the cucumber and radish just before serving.
- This recipe can easily be doubled or tripled for larger gatherings.