Meatball Souvlaki

Make a regular Greek yogurt sauce (Greek yogurt, cucumber, lemon juice or whatever variation you enjoy)

Meatballs are made of:

1/3 cup bread crumbs

1 egg

1/3 water

1 small onion, minced

1 tsp ground cumin

1/4 tsp each garlic powder, salt & pepper

1 lb ground beef

Mix meatball ingredients, make small tbsp sized meatballs. Place on rimmed baking sheet and roast until cooked through (350 degrees). Roast any other vegetables (red onion, zucchini, tomatoes etc) that would be tasty with this at the same time.

Serve meatballs, roasted vegetables and Greek yogurt sauce in a pita.

Mexican Pasta

1 lb browned hamburger (or ground turkey w/ tsp of oil added)

1 small onion, chopped & sauteed

2 tsp cumin

1 can enchilada sauce

1 can corn

2 cups cooked pasta

Mix ingredients in skillet, heat through. Serve garnished with cheddar cheese and maybe sour cream & salsa.

Chicken Tortilla Casserole

- 12 corn tortillas (6-inch), toasted
- 2 cups cooked, shredded dark-meat chicken
- 1 can (4 ounces) chopped green chiles
- 1 1/2 cups green or red salsa
- 1 cup sour cream
- 1 1/2 cups Monterey Jack cheese, shredded (6 ounces)

Directions

1. Preheat oven to 375 degrees. In an 8-inch square baking dish, layer 4 tortillas, 1 cup chicken, cup chiles, 1/2 cup salsa, 1/3 cup sour cream, and 1/2 cup cheese; repeat once. Top with remaining tortillas, salsa, sour cream, and cheese. Bake until top is browned and bubbling, 30 to 40 minutes.

Sweet and Sour Meatballs

- 2 pounds ground turkey breast
- 2 teaspoons salt-free garlic and herb seasoning or poultry seasoning
- 1 egg white
- Salt and ground black pepper
- 2 (15-ounce) cans tomato sauce
- 2 cups reduced-sodium chicken broth
- 1 cup chili sauce
- 1/2 cup cider vinegar
- 1/2 cup brown sugar
- 2 teaspoons dried thyme

Directions

In a large bowl, combine turkey, garlic and herb seasoning, egg white and 1/2 teaspoon each salt and black pepper. Mix well and shape mixture into about 32 meatballs. Place meatballs in bottom of slow cooker.

In a medium bowl, whisk together tomato sauce, broth, chili sauce, vinegar, brown sugar, and thyme. Pour mixture over meatballs.

Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Season, to taste, with salt and black pepper.

Tzatziki Sauce (version #1)

- 2 cups Greek strained yogurt

- 1/2 cucumber, seeded and chopped
- 1 garlic clove
- 2 1/2 teaspoons hot sauce (recommended: Frank’s Red Hot)
- 1 teaspoon lemon juice
- Salt and freshly ground black pepper

Special equipment: food processor Add the yogurt, cucumber, garlic, hot sauce, lemon juice and zest in a food processor and blend until smooth. Season with salt and pepper, and transfer to a bowl. Refrigerate at least 1 hour before serving.

Lamb Kabobs

- 12 (6-inch) wooden skewers
- 1 1/2 pounds ground lamb 2 scallions, finely chopped
- 2 teaspoons onion powder 2 teaspoons chopped fresh oregano leaves
- 1 teaspoon chopped fresh rosemary leaves
- 1 teaspoon garlic powder 1 teaspoon ground cumin 1/2 teaspoon dried thyme

Directions

Salt and freshly ground black pepper Oil, for brushing 1 bag pita bread, at least 6 loaves

Preheat grill to high.

Soak skewers in water for 25 to 30 minutes. In a large bowl combine lamb, scallions, onion powder, oregano, rosemary, garlic powder, cumin, thyme, salt and pepper, to taste. Form meat around skewers, making an oblong sausage shape pressing

and securing firmly. Refrigerate 30 minutes. Remove skewers from refrigerator. Brush grill with oil. Grill kabobs until charred on the outside and medium-rare on the inside, turning only once, about 3 minutes each side. Brush pita lightly with oil, and grill briefly on both sides to warm. Remove lamb kabobs from skewers and place 2 on each pita. Drizzle with Tzatziki Sauce to serve.

Chickpea, Tomato & Feta Salad

1 15 ounce can of chickpeas (rinsed)

4 tomatoes (plum work best, sliced into half-moon shapes)

1/2 cup fresh cilantro or parsley, minced (we use parsley)

2 tablespoons fresh lemon juice

1 cup crumbled Feta (approx. 4 ounces)

Salt & Pepper

1 tablespoon of oil

Heat oil in skillet over medium-high heat. Pat dry the chickpeas and add to skillet. Cook them until slightly crispy, about 3-5 minutes. Stir in the tomatoes, parsley, lemon juice, 1/2 t salt and 1/4 t of pepper. Sprinkle with Feta and serve immediately.

Zucchini Cakes

1 small zucchini (shredded and drained)

1 Jiffy cornbread mix

1 egg

1/2 cup milk

Let batter stand for 5 minutes. Heat oil in pan and drop large tablespoons of the batter into the oil. Cook 1 1/2-2 minutes per side. This will make approximately 14 cakes.

Chicken w/ mushrooms & tomatoes

Serves 4

- 4 boneless, skinless chicken breast halves, about 1 1/2 pounds
- Coarse salt and ground pepper
- 1 tablespoon olive oil
- 1 pound mushrooms, trimmed and quartered
- 2 garlic cloves, minced
- 1 can (14.5 ounces) stewed tomatoes
- 1/4 teaspoon dried oregano

Directions

1. Season chicken with salt and pepper. In a large (5-quart) saucepan with a tight-fitting lid, heat oil over medium-high heat; swirl to coat bottom of pan. Cook

chicken, turning when it easily releases from the pan, until golden, 4 to 6 minutes. Transfer to a plate.
2. Add mushrooms; cover, and cook until softened, about 5 minutes. Add garlic, tomatoes, and oregano. Reduce heat to medium-low; cook, covered, until tomatoes have broken down, 10 to 15 minutes.
3. Return chicken and any accumulated juices to pan; cover, and cook until chicken is opaque throughout, 4 to 6 minutes. Turn chicken to coat with sauce, and serve.

Tater Tot Casserole

1 lb ground beef

1 can of cream of mushroom soup

1 can of sweet corn

1/2 cup milk

Enough tater tots to cover the top of casserole

Brown beef. Combine beef, soup, milk, and corn in bowl. Put mixture in a casserole dish and cover with tater tots. Sprinkle a seasoned salt over top, if desired. Cook on 350 degrees for 30 minutes or until thoroughly hot throughout.