

Greek Turkey Meatball

Gyros



Serves 4 Calories 429 per serving

- 1 lb. ground turkey
- 1/4 cup finely diced red onion
- 2 garlic cloves, crushed
- 1 teaspoon oregano
- 1 cup chopped fresh spinach
- salt & pepper to season
- 2 tablespoons olive oil

Tzatziki Sauce:

- 1/2 cup plain greek yogurt
- 1/4 cup grated cucumber
- 2 tablespoons lemon juice
- 1/2 teaspoon Oregano
- 1 clove garlic, crushed
- salt to taste
- 1/2 cup thinly sliced red onion

1. To a large bowl add, ground turkey, diced red onion, crushed garlic, oregano, fresh spinach, salt, and pepper. Using your hands mix all the ingredients together until meat forms a ball and sticks together.
2. Then using your hands, form meat mixture into 12 balls.
3. Heat a large skillet to medium high heat. Add olive oil to the pan, and then add the meatballs. Cook each side for 3-4 minutes until they are browned on all sides. Remove from the pan and let rest.
4. In the meantime, to a small bowl add greek yogurt, grated cucumber, lemon juice, oregano, garlic, and salt to taste. Mix together until everything is combined.
5. Assemble the gyros: to a flatbread add 3 meatballs, sliced red onion, tomato, and cucumber. Then top with Tzatziki sauce.