

# **Greek Meatballs with Tzatziki**

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Palm Beach Post

**Servings: 6**

## **TZATZIKI**

**2 standard cucumbers**

**1 teaspoon Kosher salt**

**1 cup Greek-style yogurt**

**1 tablespoon fresh lemon juice**

**1 tablespoon fresh mint, finely chopped**

**2 cloves garlic, crushed through a press**

**1/4 teaspoon freshly ground black pepper**

## **GREEK MEATBALLS**

**1 cup fresh breadcrumbs**

**1/2 cup milk**

**1 1/2 pounds ground round (85% lean) or use half ground round and half ground lamb**

**1 medium yellow onion, shredded on the large holes of a box grater**

**4 cloves garlic, crushed through a press**

**2 large eggs, beaten**

**2 tablespoons fresh mint, chopped**

**2 tablespoons dried oregano**

**1 1/2 teaspoons Kosher salt**

**1/2 teaspoon freshly ground black pepper**

**1/4 teaspoon ground cinnamon**

**3 tablespoons olive oil**

**wooden toothpicks (for serving)**

Peel the cucumbers. Cut each in half lengthwise and scoop out the seeds with a spoon. Shred on the large holes of a box grater. Transfer to a wire sieve and toss with the salt. Let drain in the sink for 30 minutes to 1 hour.

A handful at a time, squeeze the shredded cucumbers to extract more liquid, then transfer to a medium bowl.

Add the yogurt, lemon juice, mint, garlic and pepper. Mix well.

Cover and refrigerate for at least 30 minutes or up to two days.

In a large bowl, combine the breadcrumbs and milk. Let stand until the breadcrumbs are thoroughly moistened, about 3 minutes.

Add the ground meat, onion, garlic, eggs, mint, oregano, salt, pepper and cinnamon. Use your hands to mix the meat mixture well. Cover and refrigerate for at least 15 minutes or up to 4 hours.

Preheat the oven to 200 degrees.

Using your wet hands rinsed under cold water, shape the meat mixture into 18 equal meatballs. Transfer the meatballs to a plate.

In a large skillet over medium heat (preferably nonstick), heat the oil. In batches, add the meatballs and cook, turning occasionally, until lightly browned and cooked through, about 8 to 10 minutes. Transfer to a baking sheet and keep warm in the oven while cooking the remaining meatballs.

Spoon the tzatziki into individual ramekins or small serving bowls.

Drain the meatballs briefly on paper towels.

Serve the meatballs hot with toothpicks for spearing and the tzatziki as a dip.