

## **Appetizers**

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# **Greek Minted Meatballs (Keftedes)**

Bill Daley for the Chicgo Tribune - recipe from James Villas' "From the Ground Up: Hundreds of Amazing Recipes From Around the World for Ground Meats"

Palm Beach Post

**Servings: 6**

**Bake Time: 20 minutes**

**1 cup fine bread crumbs**  
**1 1/2 cups half-and-half, divided**  
**2 tablespoons butter**  
**2 onions, minced**  
**2 cloves garlic, minced**  
**1 pound ground beef round**  
**1 pound ground lamb shoulder**  
**2 eggs, beaten**  
**2 teaspoons ground cinnamon**  
**1/4 cup fresh mint leaves, finely chopped and divided**  
**1/2 teaspoon salt**  
**freshly ground pepper**

Preheat the oven to 400 degrees.

In a small bowl, combine the bread crumbs and one cup of the half-and-half. Let soak for 5 minutes.

Meanwhile in a skillet over moderate heat, melt the butter. Add the onions and garlic. Cook until softened, about 8 minutes.

Transfer to a large bowl. Add the soaked bread crumbs plus the meats. Mix with hands until well-blended.

Add the remaining half-and-half, eggs, cinnamon, half of the mint, salt and pepper to taste. Mix well. Form into 1-inch balls.

Bake on foil-lined rimmed baking sheets until slightly brown, 20 to 25 minutes.

Serve topped with the remaining mint.

Yield: 70 meatballs

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Per Serving (excluding unknown items): 78 Calories; 6g Fat (63.2% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 81mg Cholesterol; 243mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.