

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Doron's Meatballs with Pine Nuts, Cilantro and Raisins

Adapted From "A Homemade Life" by Molly Wizenberg

Yield: About 30 small meatballs, enough for 4 servings

For the Yogurt Sauce

1 cup plain yogurt (not low fat or nonfat)
3 tablespoons lemon juice
1 medium clove garlic, minced
¼ teaspoon ground cumin
¼ teaspoon salt

For the Meatballs

½ cup minced yellow onion
¼ cup chopped fresh cilantro leaves
½ cup chopped pine nuts
½ cup golden raisins, halved or coarsely chopped if large (regular old brown ones will work, too)
1 large egg, lightly beaten
½ teaspoon salt
1/8 teaspoon ground cumin
1/8 teaspoon freshly ground black pepper
1 pound ground turkey, chicken or lamb (If you can, use a mixture of both breast and thigh meats. The extra fat in the thigh helps to keep the meatballs moist.)

First, make the yogurt sauce. In a small bowl, combine the yogurt, lemon juice, garlic, cumin, and salt and whisk to combine. Set aside at room temperature to let the flavors develop while you make the meatballs.

Preheat oven to 350 °F. To make the meatballs, combine onion through black pepper in a large bowl. Add the ground meat and, using your hands, break it up into small chunks. Then massage and gently knead the meat to incorporate the ingredients. Mix until combined, but do not overmix: meat gets tough easily. With damp hands, gently pinch off hunks of the mixture and roll into 1 ½-inch balls. (Raw meatballs can be covered and refrigerated for up to 1 day. Or place them, not touching, on a rimmed baking sheet and freeze until hard, then transfer them to a heavy-duty plastic bag and freeze for up to 2 weeks.)

Place meatballs on to a rimmed baking sheet and bake for 12-15 minutes, or until done. The meatballs are ready when they are browned and feel pleasantly firm, but not rock hard. You can also cut one or two of them in half to make sure they're cooked through.

Serve hot, warm, or at room temperature with the yogurt sauce. Try serving them with noodles, salad or rice.