



EPISODE 3: DELECTABLE DINNER AND DESSERT

Turkey Meatballs with Tzatziki Sauce

1 lb. ground white turkey meat 2 tbsp. oatmeal
2 tbsp. fresh mint (chopped) 2 cloves garlic (diced)
1 egg Salt/pepper to taste

Directions:

Preheat oven to 350 °F. Mix all ingredients thoroughly in a large bowl. Spoon individual meatballs, about 2” in diameter, into a large deep pan or baking dish. Bake for 20 minutes.

Tzatziki Sauce

1 cucumber
1 clove garlic (diced)
1 C. plain Greek yogurt
1 tsp. olive oil
Salt/pepper to taste

Directions:

Grate cucumber into large mixing bowl. Add yogurt, garlic, olive oil, salt and pepper. Mix thoroughly. Serve over cooked turkey meatballs. Also makes a great dip for pita bread and a sauce for gyros.

Chunky Brandy Baked Apples

8 large apples (peeled, cored and chopped)
½ C. raisins
2 tsp. lemon zest
¼ C. sugar substitute
¼ C. brandy

Directions:

Preheat oven to 350°F. Place all ingredients into a medium baking dish and mix well. Put dish in oven uncovered for 45 minutes, stirring every 15 minutes. Can be served hot or cold. Also a great accompaniment to any pork dish.