

# *Greek Meatballs with Tzatziki*

## Nutrition Highlights

- Bison contains both less fat and cholesterol than beef, making it an ideal substitute without compromising on flavor.

## Ingredients

### For the Meatballs

- 1 pound ground bison\*
- 1 large egg
- 1/4 cup whole wheat bread crumbs
- 1 teaspoon dried oregano
- 1/4 cup fresh mint, finely chopped
- 1 clove garlic, minced
- 1 small shallot, minced
- 1/2 teaspoon kosher salt

### For the Tzatziki

- 1 cup plain Greek yogurt
- 1/4 cup milk, plus more as needed
- 2 tablespoons olive oil
- 2 teaspoons fresh lemon juice
- 3/4 cup cucumber, grated
- 2 tablespoons fresh dill, finely chopped
- 1 tablespoon fresh mint, finely chopped
- 1 clove garlic, minced
- Salt and pepper, to taste

## Directions

### To make the Meatballs

- Preheat oven to 350 F and line a large baking sheet with lightly greased parchment paper.
- Combine all ingredients in large mixing bowl and, using hands, mix until completely combined. Form mixture into 2-inch balls and place on prepared baking sheet.
- Bake meatballs until interiors register 165 F on a food thermometer, 10-12 minutes. Remove from oven and allow to cool slightly before serving.

### To make the Tzatziki

- Combine all ingredients in a medium mixing bowl, adding more milk if needed to achieve desired consistency. Season to taste with salt and pepper.

Note: If a darker color is desired for the meatballs, reduce baking time to 8 minutes and broil for the remaining 2-4 minutes.

\*Can use ground turkey, chicken, or beef