

## **Greek Meatballs and Avocado Tzatziki Sauce**

(Whole 30, Paleo)

### **Shopping List:** **Serves 2**

#### **For the Greek Meatballs**

- 1/2 lb ground turkey (beef or lamb can be used too)
- 1/4 cup red onion, diced
- 1 garlic clove, minced
- 1/2 tsp lemon juice
- 1/2 tsp dried oregano
- 1/2 tsp ground coriander
- 1/4 tsp ground cumin
- sea salt and pepper, to taste

#### **For the Avocado Tzatziki Sauce**

- 1/2 small avocado
- 1/4 medium cucumber (the remaining cucumber to be spiralized)
- 1 garlic clove
- 1 tbsp red onion, diced
- 1 tbsp lemon juice
- 2 tbsp fresh dill
- sea salt and pepper, to taste

**Greek Meatballs:** Preheat the oven to 350 \*F. Combine all of the meatball ingredients together and mix well. Scoop out a heaping tablespoon of the mixture at a time and roll into meatballs about 1.5 to 2 inches in size. Mine produced 8 meatballs. Using a foil lined baking sheet with raised edges, bake the meatballs for 25 minutes.

**Avocado Tzatziki Sauce:** Combine all of the ingredients together for the tzatziki sauce in a food processor. Blend on high until smooth in texture.