

Turkey Meatballs in Pitas



Ingredients

- 1 medium tomato, chopped
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 ounces ground turkey
- 3 tablespoons chopped fresh cilantro
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 teaspoons vegetable oil
- 2 (6-inch) whole-wheat pitas, cut in half
- 4 Romaine lettuce leaves
- 1/4 cup plain low-fat yogurt

Preparation

Combine 1 cup tomato and 1/4 teaspoon each cumin, salt, and black pepper; set aside. Combine turkey, 3 tablespoons cilantro, and 1/4 teaspoon each cumin, salt, and black pepper. Shape into 12 (1 1/2-inch) meatballs. Heat vegetable oil in a large nonstick skillet over medium-high heat. Brown meatballs. Divide among pita halves, and top each with 1 lettuce leaf, 1/4 cup tomato mixture, and 1 tablespoon yogurt.

Health, SEPTEMBER 2003

Nutritional Info

CALORIES 264
FAT 11g (sat 3g, mono 4g, poly 4g)
PROTEIN 20g
CARBOHYDRATE 21g
FIBER 3g
CHOLESTEROL 74mg
IRON 3mg
SODIUM 435mg
CALCIUM 64mg