

Lamb-Vegetable Kabobs with Tzatziki

Prep: 15 minutes | Chill: 20 minutes | Cook: 20 minutes | Total: 55 minutes

Yield: 6 servings | Serving Size: 2 skewers

Ingredients

1 cup plain nonfat Greek yogurt
¼ cup peeled and finely chopped cucumber
½ tablespoon chopped fresh mint
1 lemon, juiced, divided (about 4 tablespoons)
½ cup (4 ounces) reduced-sodium beef broth
¼ cup red wine vinegar
1½ tablespoons olive oil
3-6 cloves garlic, minced (about 1 tablespoon)
1 tablespoon minced fresh rosemary (or 1 teaspoon dried)
1 pinch salt
1 pinch ground black pepper
1 pound lamb, cut into 1- to 2-inch cubes
1 medium zucchini, cut into 1-inch-thick slices
1 medium bell pepper, cut into 1- to 2-inch cubes
½ medium onion, cut into 1- to 2-inch cubes

Directions

1. In a small bowl, stir together the Greek yogurt, cucumber, mint, and 1 teaspoon of the lemon juice. Set aside.
2. In a separate small mixing bowl, whisk together the broth, vinegar, oil, garlic, rosemary, salt, black pepper, and the remaining lemon juice to make a marinade.
3. Transfer the marinade mixture to a large plastic ziptop bag. Set the bag inside the bowl that held the marinade.
4. Add the cubed lamb to the marinade and toss to coat.
5. Seal the bag, squeezing out the excess air, and refrigerate in the bowl for at least 20 minutes, up to overnight.
6. Gather 12 skewers. If using wooden or bamboo skewers, soak them in warm water for at least 15 minutes to prevent the ends from burning and turning black.
7. While the skewers are soaking, heat up the grill to medium heat or the broiler to high heat. If the broiler is in the oven, set an oven rack to the middle position.
8. While the broiler or grill is heating, thread the marinated lamb cubes, zucchini, bell pepper, and onion onto the skewers.
9. Cook on the grill or under the broiler (on the middle rack if in the oven) for 15-20 minutes, turning every 4-5 minutes, until cooked through (internal temperature of 145°F).
10. Drizzle with yogurt mixture, then serve warm.

Recipe Notes

- Consider serving with whole-wheat pita or a cooked whole grain such as farro, barley, bulgur, or quinoa.

**Nutrition Facts Per Serving: Calories: 220 | Total Fat: 9.5 g | Saturated Fat: 2.5 g
Sodium: 145 mg | Total Carbohydrate: 7 g | Dietary Fiber: 1 g | Protein: 26.5 g**

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