



SHOPPING LIST

Jackie Newgent's Minted Middle Eastern Meatballs with Carrot Salad and Greens

FRESH PRODUCE

- Carrots - 2 jumbo
- Dill or tarragon, fresh - 2 Tbsp.
- Grape tomatoes - 1 pint (to serve 4)
- Lemon, for juice
- Mint, fresh - ¼ cup finely chopped
- Mixed salad greens - 4 cups (to serve 4)
- Red onion - ½ cup finely diced
- Red or white onion - 1 small or ½ large

BREAD AND GRAINS

- Bread crumbs, plain whole wheat or other whole grain - ½ cup
- Freekeh - 1 cup

MEAT, POULTRY, AND FISH

- Ground beef or lamb, grass-fed, extra-lean - 10 oz.

DAIRY AND EGGS

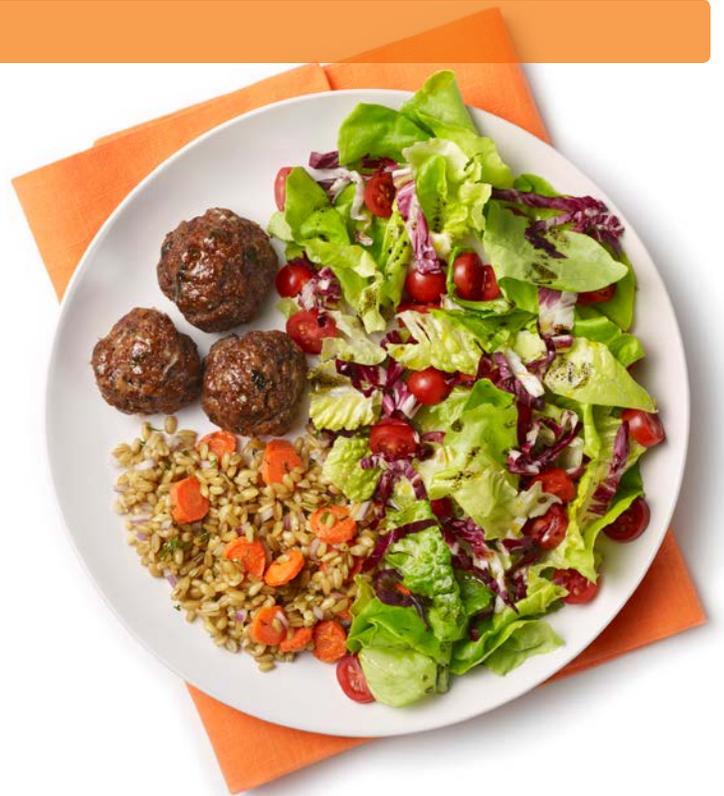
- Yogurt, fat-free, plain - 2 Tbsp.

CONDIMENTS, SEASONING, AND BAKING NEEDS

- Balsamic vinegar - 4 tsp. (to serve 4)
- Black pepper, freshly ground - ½ tsp.
- Extra-virgin olive oil - 2 Tbsp. + 4 tsp. (to serve 4)
- Ground cinnamon - ½ tsp.
- Ground cumin - ¼ tsp.
- Sea salt - 1 tsp.

MISCELLANEOUS

- Tomato or vegetable juice - 2 Tbsp.



- ¼ plate **Minted Middle Eastern Meatballs** (1 serving)
- ¼ plate **Dill Freekeh and Roasted Carrot Salad** (1 serving)
- ½ plate **1 cup mixed salad greens with ½ cup sliced grape tomatoes, drizzled with 1 tsp. balsamic vinegar and 1 tsp. extra virgin olive oil**

YOUR PLATE NUTRITION

Choices

Starch 2, Nonstarchy Vegetable 4, Lean Protein 2, Fat 2

Calories	440
Calories from Fat	155
Total Fat	17.0 g
Saturated Fat	3.2 g
Trans Fat	0 g
Cholesterol	35 mg
Sodium	770 mg
Potassium	960 mg
Total Carbohydrate	51 g
Dietary Fiber	8 g
Sugars	7 g
Protein	25 g
Phosphorus	380 mg



MINTED MIDDLE EASTERN MEATBALLS

A popular Lebanese dish is called kibbeh. As a kid, I enjoyed it often—even in its raw form! But don't worry, this kibbeh-inspired recipe is meant to be cooked. I've also turned it into a fabulous (and more familiar) finger food by using bread crumbs instead of bulgur wheat and shaping the mixture into meatballs. Plus, I've used tomato juice and yogurt to make each bite super moist. It's hard not to love these meatballs. They're natural party stars, especially when served on top of plain Greek yogurt.

Makes: 4 servings

Serving Size: 3 meatballs

Preparation Time: 15 minutes

Cooking Time: 12 minutes

INGREDIENTS

- 10 oz.** grass-fed, extra-lean ground beef or lamb
- ½ cup** plain, whole wheat or other whole grain bread crumbs
- 1 small** or ½ large, red or white onion, grated
- ¼ cup** finely chopped fresh mint
- 2 Tbsp.** tomato or vegetable juice
- 2 Tbsp.** fat-free plain yogurt
- 1 tsp.** extra-virgin olive oil
- ½ tsp.** sea salt
- ½ tsp.** ground cinnamon
- ¼ tsp.** ground cumin

DIRECTIONS

- 1.** Preheat the oven to 500 F. Line a large rimmed baking sheet with unbleached parchment paper.
- 2.** Combine all ingredients by hand in a large bowl. Form mixture into 12 meatballs (about 3 Tbsp. mixture each) and arrange on the baking sheet.
- 3.** Roast in the oven until cooked through, about 12 minutes.
- 4.** Serve the meatballs warm. Use small bamboo picks or toothpicks if serving as appetizers.

PER SERVING

Minted Middle Eastern Meatballs

Makes: 4 servings

Serving Size: 3 meatballs

Calories	160
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrate	12 g
Fiber	2 g
Sugars	2 g
Cholesterol	35 mg
Sodium	430 mg
Potassium	285 mg
Protein	17 g
Phosphorus	175 mg

Choices: Starch 0.5, Vegetable 1, Lean Protein 1

(Continued)



RECIPE



(Continued)

DILL FREEKEH AND ROASTED CARROT SALAD

Freekeh is a roasted green wheat grain. It has a significant amount of fiber. Lucky for our health and taste buds, it's becoming more readily available everywhere and can easily be purchased online. However, if you don't have freekeh, you can make this recipe with 2½ cups of any other cooked whole grain, such as bulgur wheat, brown rice, or barley. Whether made with freekeh or another grain, this recipe is designed to be served as a salad. But it's equally tasty served at room temperature or warm as a side dish, if you prefer.

Makes: 4 servings

Serving Size: 1 cup

Preparation Time: 18 minutes
(plus chilling time)

Cooking Time: 50 minutes

INGREDIENTS

- 1 cup** freekeh
- ½ cup** finely diced red onion
- 2 Tbsp.** extra-virgin olive oil, divided
- ½ tsp.** sea salt, divided
- ½ tsp.** freshly ground black pepper
- 2** jumbo carrots, very thinly sliced crosswise (about ⅛ inch thick)
- Juice of ½ lemon (1½ Tbsp.)
- 2 Tbsp.** chopped fresh dill or tarragon

DIRECTIONS

- 1.** Cook the freekeh according to package directions. Or, add the freekeh and 3 cups cold water to a medium saucepan and bring to a boil over high heat. Stir, cover, reduce heat to low, and simmer until the freekeh is tender, about 40 minutes for whole-grain freekeh (or 20 minutes for cracked freekeh). Remove from heat and let stand for 5 minutes. Drain any remaining water. (Makes 2½ cups.)
- 2.** Transfer the cooked freekeh to a medium bowl and immediately stir in the onion, 1 Tbsp. of the oil, ½ tsp. of the salt, and the pepper. Set aside to slightly cool, about 20 minutes, stirring a couple times. Then chill in the refrigerator.
- 3.** Meanwhile, preheat the oven to 475 F. Add the carrots and the remaining 1 Tbsp. oil to a large bowl and toss to fully coat. Add the remaining ¼ tsp. salt and toss to fully coat. Arrange the carrots in a single layer on 2 large rimmed baking sheets and roast until lightly caramelized, about 10–12 minutes, stirring the carrots about halfway through the cooking time.
- 4.** Fluff the chilled freekeh with a fork. Stir in the carrots, lemon juice, and dill, and serve.

PER SERVING

Dill Freekeh and Roasted Carrot Salad

Makes: 4 servings

Serving Size: 1 cup

Calories	210
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrate	33 g
Fiber	4 g
Sugars	2 g
Cholesterol	0 mg
Sodium	460 mg
Potassium	355 mg
Phosphorus	170 mg

Choices: Starch 1.5, Vegetable 1, Fat 1.5