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Ground Lamb Pitas with Yogurt Dill Dipping Sauce

The sweet flavor of lean lamb combined with a touch of cumin will make this sandwich a family favorite for lunch or supper. I like to serve these sandwiches with a side salad of thinly sliced cucumbers, cherry tomatoes, a little bit of finely chopped fresh oregano, and feta cheese dressed with a squeeze of fresh lemon and a drizzle of my best olive oil.

4 whole pita breads, split in half

For the dipping sauce:

1 cup plain, unflavored yogurt
2 Tablespoons fresh dill, finely minced
1 teaspoon fresh garlic, finely minced
Salt and pepper
1 teaspoon sweet paprika

In a small serving bowl, combine the yogurt, dill, and garlic. Blend well. Add salt and pepper to taste. Sprinkle the top of the dipping sauce with the sweet paprika. Cover and set aside while you make the filling.

For the filling:

1 ½ pounds of lean ground lamb
1 cup yellow or white onion, finely diced
1 ½ teaspoons ground cumin
1 Tablespoon finely minced fresh garlic
1 cup canned chickpeas, rinsed and well drained
20 cherry tomatoes, cut in half

Heat a nonstick skillet over medium high heat and add the lamb, onions, cumin, and garlic. Use a wooden spoon to break up the meat as it cooks. Cook the lamb until the meat is no longer pink but not browned-about 5 minutes.

Drain and discard any fat off the meat and add the chickpeas. Cook for 3-5 minutes to heat them through.

Remove the pan from the heat and add the cherry tomato halves. Stir to gently combine and serve immediately with the pitas and dipping sauce.

Makes 4 whole sandwiches.

Victoria Wesseler