

# Mediterranean Lamb 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 nonfat plain Greek yogurt  
½ tablespoon chopped fresh mint  
¼ cup cucumber, peeled if waxed and finely chopped  
Juice of 1 lemon, divided  
1½ tablespoons extra-virgin olive oil  
Pinch salt  
Pinch pepper  
3 cloves garlic, crushed or minced (about 1 tablespoon)  
½ cup low-sodium beef broth  
¼ cup red wine vinegar  
1 tablespoon fresh minced rosemary (or 1 teaspoon dried)  
1 pound lamb, cut into 1- to 2-inch cubes  
½ cup zucchini, cut into 1-inch-thick slices  
1 red onion, cut into cut into 1- to 2-inch cubes  
1 large red pepper, cut into 1- to 2-inch cubes

## Equipment

12 wooden, bamboo, or metal skewers

## Directions

1. Combine the Greek yogurt, 1 teaspoon of the lemon juice, chopped mint leaves, and cucumber. Set aside.
2. Whisk together the olive oil, the remaining lemon juice, salt, pepper, garlic, beef broth, vinegar, and rosemary to make a marinade.
3. Transfer the marinade mixture to a large plastic ziptop bag set inside a bowl.
4. Add the cubed lamb and toss to coat with the marinade.
5. Seal the bag, squeezing out the excess air, and refrigerate in the bowl for at least 20 minutes, up to overnight.
6. 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 broiling, place an oven rack on the middle position in the oven.
8. While the broiler or grill is heating, thread the marinated lamb cubes, red peppers, zucchini, and red onion onto the skewers.
9. Cook the kebabs on the grill or under the broiler (on the middle rack of the oven) for 15-20 minutes, turning every 4-5 minutes, until the lamb is done.
10. Drizzle the yogurt sauce over the cooked kebabs.
11. Serve warm with whole-wheat pita or a cooked whole grain such as farro, bulgur, or quinoa.

**Nutrition Facts Per Serving: Calories: 305 | Total Fat: 18.5 g | Saturated Fat: 4 g  
Sodium: 120 mg | Total Carbohydrate: 7 g | Dietary Fiber: 1 g | Protein: 27.5 g**

Adapted from [Recipes.SparkPeople.com](https://www.recipes.sparkpeople.com) | Submitted by Dana Herring MS, RDN  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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