

## Greek Feta Meatballs (Keftedes) and Arugula Salad

Ingredients:

### *Meatballs*

- ½ lb ground beef
- ½ lb ground lamb or pork
- ¼ cup panko bread crumbs
- 2 Tbsp fresh parsley, roughly chopped
- 2 Tbsp grated onion (very small)
- 2 cloves garlic minced
- zest of one lemon
- 1 egg
- 1 tsp oregano
- ½ tsp ground coriander
- ½ tsp cumin
- salt and pepper
- 2 oz feta cheese

### *Salad*

- 6 Tbsp olive oil
- 3 Tbsp lemon juice
- pinch of oregano
- pepper
- 1 package arugula
- diced tomatoes
- 2 oz feta cheese

### *Red Sauce*

- 1/2 onion, diced
- 2 cloves garlic
- 1 red pepper, diced
- 1 can crushed tomatoes
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp sugar
- Salt and pepper

### *Serve with*

- soft pita bread

## Instructions:

1. Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.
2. In a large saucepan, heat the olive oil over medium heat. Add the onion and red pepper. Saute until soft.
3. Stir in the remaining sauce ingredients and reduce the heat to low. Simmer for about 30 minutes stirring occasionally. I prefer to blend it before serving.
4. While the sauce is cooking, combine all meatball ingredients in a large mixing bowl. Use your hands to mix everything.
5. Roll about 20 equal-sized meatballs and place them on the baking sheet.
6. Bake for about 15 minutes or until they are brown and cooked through. Let rest for about 10 minutes. You can coat the meatballs in the red sauce or dip the meatballs into the red sauce on the plate. I prefer dipping.
7. Mix the salad dressing ingredients and shake thoroughly. Set dressing aside.
8. Place arugula on the plate. Add feta, tomatoes, and the vinaigrette.
9. Add meatballs with sauce and pita bread.
10. Enjoy!!