



## EPISODE 3: DELECTABLE DINNER AND DESSERT

### **Turkey Meatballs with Tzatziki Sauce**

1 lb. ground white turkey meat                      2 tbsp. oatmeal  
2 tbsp. fresh mint (chopped)                      2 cloves garlic (diced)  
1 egg    Salt/pepper to taste

#### **Directions:**

*Preheat oven to 350 °F. Mix all ingredients thoroughly in a large bowl. Spoon individual meatballs, about 2” in diameter, into a large deep pan or baking dish. Bake for 20 minutes.*

#### **Tzatziki Sauce**

1 cucumber  
1 clove garlic (diced)  
1 C. plain Greek yogurt  
1 tsp. olive oil  
Salt/pepper to taste

#### **Directions:**

*Grate cucumber into large mixing bowl. Add yogurt, garlic, olive oil, salt and pepper. Mix thoroughly. Serve over cooked turkey meatballs. Also makes a great dip for pita bread and a sauce for gyros.*

### **Chunky Brandy Baked Apples**

8 large apples (peeled, cored and chopped)  
½ C. raisins  
2 tsp. lemon zest  
¼ C. sugar substitute  
¼ C. brandy

#### **Directions:**

*Preheat oven to 350°F. Place all ingredients into a medium baking dish and mix well. Put dish in oven uncovered for 45 minutes, stirring every 15 minutes. Can be served hot or cold. Also a great accompaniment to any pork dish.*