



LAMB BALLS WITH CUCUMBER RAITA

PREP: 45 minutes BAKE: 25 minutes

OVEN: 350°F

- 1 medium onion, finely chopped
- 1 1/4 teaspoons grated fresh ginger
- 2 or 3 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon garam masala
- 1/4 to 1/2 teaspoon cayenne pepper (optional)
- 2 pounds lean ground lamb
- Lettuce leaves
- Cucumber Raita

1. Preheat oven to 350°F. In a large bowl, combine onion, ginger, garlic, salt, coriander, cumin, garam masala, and cayenne pepper (if using). Add lamb; mix well. Shape meat mixture into thirty-two 1 1/2-inch meatballs. Place meatballs in a 15x10x1-inch baking pan.

2. Bake, uncovered, for 25 minutes or until cooked through (160°F). If desired, broil meatballs 3 to 4 inches from heat for 5 to 6 minutes to brown. Drain fat. Transfer meatballs to a serving platter lined with lettuce leaves. Serve with Cucumber Raita. Makes 32 meatballs.

CUCUMBER RAITA: Peel one medium cucumber; shred cucumber. Place shredded cucumber in a strainer; let stand for 15 minutes. Discard liquid. Place

cucumber in a bowl and stir in one 16-ounce carton plain yogurt; 1 teaspoon Roasted Cumin Powder; 3/4 teaspoon salt; and, if desired, 1/4 teaspoon cayenne pepper. Serve immediately or cover and chill until serving time.

ROASTED CUMIN POWDER: In a small skillet in a well-ventilated area, heat 1 tablespoon cumin seeds over medium heat until smoke begins to rise and seeds begin to brown, about 5 to 6 minutes. Remove from skillet. Cool to room temperature. Grind seeds with mortar and pestle or spice grinder. Store, covered, in an airtight container for up to 2 weeks.

PER MEATBALL (WITH RAITA): 68 cal., 4 g total fat, 20 mg chol., 154 mg sodium, 2 g carbo., 0 g fiber, 6 g pro.



COCONUT SWEETS

PREP: 15 minutes COOK: 31 minutes

COOL: 1 1/2 hours

- 2 tablespoons butter
- 1 15-ounce carton ricotta cheese
- 1 1/2 cups nonfat dry milk powder
- 3/4 cup sugar
- 2 cups shredded coconut

1. Grease an 8x8x2-inch baking pan; set pan aside.

2. In a large skillet, melt butter over medium heat. Add ricotta cheese and dry milk powder; stir to mix well. Cook and stir about 18 minutes or until mixture does not flow and almost forms a ball when stirred. Stir constantly to prevent sticking or burning on the bottom.

3. Stir in sugar. Cook and stir for 8 minutes more. Add coconut; mix well. Cook and stir for 5 minutes more.

4. Press mixture evenly into prepared pan. Cool for 30 minutes. (Mixture will

set as it cools.) Cut into 1-inch diamond shapes (cut six parallel rows in one direction and six or seven rows diagonally to make diamond shapes). Cool about 1 hour more or until completely cool; remove from pan. Makes about 36 pieces.

MAKE-AHEAD DIRECTIONS: Layer pieces between waxed paper in an airtight container; cover. Store in the refrigerator for up to 1 week or freeze for up to 1 month.

PER PIECE: 68 cal., 4 g fat, 8 mg chol., 31 mg sodium, 7 g carbo., 0 g fiber, 3 g pro.



HALWA WITH ALMONDS AND RAISINS

Halwa is a soft, creamy Indian treat made with quick-cooking wheat cereal (sooji in Indian). Serve this dish as part of a traditional Indian feast or buffet.

PREP: 30 minutes COOK: 23 1/2 minutes

STAND: 5 minutes

- 1/3 cup Ghee or unsalted butter, melted
- 1 1/2 cups quick-cooking wheat cereal (farina)*
- 1/2 cup sliced almonds, toasted
- 5 cups water
- 1 1/2 cups sugar
- 2 tablespoons golden raisins
- 6 cardamom pods or 1/2 teaspoon ground cardamom
- Golden raisins (optional)