The History of Aerobic Dance Class by Aileen Sheron

Israeli Meatballs with Green Tahini Sauce

Ingredients
Serves 4-5 (Makes 18-20 Meatballs)

**For Meatballs**
- 1 1/2 pounds Ground turkey
- 1 cup chopped parsley
- ½ yellow onion, pureed
- 4 garlic cloves, minced
- 1 eggs
- 4 tablespoons bread crumbs
- 4 tablespoons oat bran
- Salt
- Freshly ground black pepper
- 1 teaspoon sumac
- 1 teaspoon cumin

**For Sauce**
- ¾ cup tahini, stirred well
- 4 cloves garlic
- 1/4 cup lemon juice
- 1 cup warm water, more as needed
- 1 1/4 cup coarsely chopped parsley
- salt

Directions
1) Preheat your oven to 375 degrees
2) Combine all the ingredients for the meatball together in a large bowl. Mix well. If your meatballs aren’t binding, add more oat bran or bread crumbs.
3) Line a baking sheet with foil and spray with cooking spray. Form 18-20 meatballs and line them on the baking sheet.
4) Bake 20 – 25 minutes or until cooked through (thermometer reads 160)
5) To make the sauce, whisk all the ingredients together. Add more water to thin out the sauce if desired, serve with meatballs

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on November 9, 2012