



Grilled Moroccan Turkey Skewer

A quick and easy take on kebobs by using ground turkey and spices, this grilled turkey on a stick is served with a refreshing yogurt dip.

Yield: 8 portions – one skewer each

Timing: Prep time = 15 minutes

Ingredients

- 1# ground turkey (85% lean)
- 1 tsp Cumin, ground
- ½ tsp Paprika, ground
- ½ tsp Coriander, ground
- ¼ tsp Cinnamon, ground
- 1/8 tsp Allspice, ground
- 1/8 tsp Cayenne, ground
- 1/8 tsp Black pepper, ground
- ½ tsp salt, sea
- 1 egg, large
- 1 cup greek fat free yogurt
- ½ cup cucumber, grated
- ½ tsp cumin

Method of Production (Instructions)

- 1) Combine ground turkey meat, all spices, salt, and egg mixing by hand until well combined.
- 2) Divide the meat into 8 equal portions and shape into a flat oval shaped patty about 3 inches long by 1 inch wide.
- 3) Grill for 2-3 minutes on each side until internal temperature reaches 165 F.
- 4) Skewer meat onto bamboo skewers after cooking, and hold hot for service.
- 5) Combine greek yogurt with grated cucumber and ½ tsp cumin for dipping sauce.
- 6) Serve skewers hot and dipping sauce chilled.