
Lamb Pizzettes

From Tarla Fallgatter, cooking instructor, Dec. 2010



Tiny, baby pizzas - easy using raw ground lamb.

Olive oil for brushing

15 whole mini-2-inch pita breads, separated into two rounds

2 tablespoons fresh mint

1 whole scallion, finely chopped

3/4 teaspoon ground cumin

1/8 teaspoon ground cinnamon

2 tablespoons pine nuts, toasted

1/2 large egg

Salt and freshly ground black pepper

1/2 pound ground lamb

1/2 cup fat-free Greek yogurt

3/4 teaspoon fresh basil (or use chile oil for drizzling on top)

Per Serving (excluding unknown items): 57 Calories; 4g Fat (68.7% calories from fat); 4g Protein; 1g Carbohydrate; trace Dietary Fiber; 18mg Cholesterol; 15mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Servings: 15

1. Preheat oven to 425°.
2. Brush large baking sheet with olive oil. Arrange the pitas cut side up on baking sheets and brush with olive oil. Bake until lightly toasted and crisp - 8-10 minutes.
3. Meanwhile, in a bowl combine 1 T. mint with scallion, cumin, cinnamon, pine nuts, egg, salt and pepper. Add lamb and knead until combined. Spread each pita with slightly rounded teaspoon of meat mixture and bake about 8 minutes until lamb is cooked through.
4. In a small bowl mix yogurt with basil or chile oil and remaining tablespoon of mint and season with salt and pepper. Spoon dollops of yogurt onto the pizzettes and garnish with a drop of basil or chile oil. Serve immediately (while they're hot).

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