

Yogurt-Marinated Lamb Kebabs

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-lamb-recipe>

Ingredients:

- 1 pound plain yogurt regular or lowfat
- 1/4 cup olive oil plus more for brushing grill
- 1 teaspoon lemon zest
- 1/4 cup lemon juice freshly squeezed, 2 lemons
- 5 tablespoons rosemary leaves fresh whole, chopped
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper freshly
- 2 pounds lamb top round
- 1 red onion
- 14 ounces greek yogurt Ina recommends Fage Total; I recommend whatever you like best, and yes, I use full fat, always
- 1 hothouse cucumber unpeeled and seeded
- 1/4 cup sour cream
- 2 tablespoons lemon juice freshly squeezed
- 1 tablespoon white wine vinegar
- 1 tablespoon fresh dill minced
- 1 1/2 teaspoons minced garlic
- 2 teaspoons kosher salt
- 1/2 teaspoon ground black pepper freshly

Nutrition:

1. Calories: 950 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 200 milligrams
4. Fat: 75 grams
5. Fiber: 2 grams
6. Protein: 46 grams

7. SaturatedFat: 31 grams
 8. Sodium: 2040 milligrams
 9. Sugar: 14 grams
-

Thank you for visiting our website. Hope you enjoy Yogurt-Marinated Lamb Kebabs above. You can see more 18 greek yogurt lamb recipe Cook up something special! to get more great cooking ideas.