

Mini Turkish Kofte Pitas

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-turkish-kofte-recipe>

Ingredients:

- 1 tablespoon pistachios finely chopped
- 6 ounces ground lamb
- 6 ounces ground beef
- 1/4 teaspoon cumin
- 1/4 teaspoon thyme
- 1/8 teaspoon ground coriander
- 2 tablespoons extra-virgin olive oil divided
- 1 lemon divided
- 1 1/2 cups butter lettuce or other salad greens
- 1/4 cup red onion sliced
- 1 tablespoon fresh parsley chopped
- 1 tablespoon chopped fresh mint
- 6 mini pitas or 3 regular pieces of pita bread
- 3 ounces nonfat greek yogurt

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 95 milligrams
4. Fat: 38 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 13 grams
8. Sodium: 115 milligrams
9. Sugar: 4 grams
10. TransFat: 0.5 grams

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