



Indian Masala Lamb Kebabs with Greek Yogurt and Lime Dipping Sauce

Yield: 8 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS 1/8 Recipe
Yogurt and Lime Dipping Sauce:		Calories 420
Whole Milk Greek yogurt	1 cup	Fat 30g
SupHerb Farms Fusions® Indian Masala	¼ cup	Saturated Fat 14g
Lime Juice	2 tbsp	Cholesterol 115mg
Salt	1 ¼ tsp	Sodium 600mg
Lamb Kabobs:		Carbohydrate 9g
Whole Milk Greek yogurt	1 cup	Fiber 1g
SupHerb Farms Fusions® Indian Masala	¼ cup	Sugars 4g
Lime Juice	2 tbsp	Protein 29g
		DIETARY STATEMENTS
Salt	1 ¼ tsp	N/a
SupHerb Farms Fresh Frozen Ginger Purée	1 tbsp	
Lamb Loin Chops, cut into 1" cubes	2 ½ lbs	
Pearl Onions	1 lb	
Butter, melted	3 tbsp	

PREPARATION

1. Yogurt and Lime Dipping Sauce: In bowl, mix together all ingredients.
2. Lamb Kabobs: In separate large bowl, combine yogurt, SupHerb Farms Fusions® Indian Masala, lime juice, SupHerb Farms Fresh Frozen Ginger Purée and salt; mix well. Add lamb; toss until coated. Cover and refrigerate for up to 24 hours.
3. Preheat grill to medium-high. Thread 2 lamb cubes and 1 pearl onion onto small skewer; repeat with remaining lamb and onions. Discard marinade; brush skewers generously with melted butter.
4. Grill for 5 to 7 minutes; turn over and grill for 5 to 7 minutes or until lamb is cooked to desired doneness. Serve with dipping sauce.