

Broiled beef offers a taste of Morocco

This is another recipe inspired by the Moroccan baby shower I threw last spring. The original dish served at the party, kebab koobideh (say that three times fast), was outsourced from a favorite Middle Eastern restaurant. I became infatuated with the complex flavors and tenderness of these Iranian beef patties, which are traditionally skewered and browned over coals.



MICHELLE DUDASH
HEALTHY DISH

To simplify matters, I just shape the beef into patties and slide them under the broiler. The classic dish uses a spice called sumac, but I won't torment you by asking you to hunt it down at a Middle Eastern or specialty spice market — especially if you live in the suburbs. Instead, I substitute lemon zest and lemon juice for the sumac.

Michelle Dudash of Gilbert is a registered dietitian and Le Cordon Bleu-trained chef. Contact her at michelledudash.com.

Broiled Beef Patties With Cucumber, Mint Greek Yogurt Dip

From Michelle Dudash

For beef patties:

- 1 pound lean ground beef
- 1 cup grated red onion, strained in a fine colander, juices pressed out
- 2 tablespoons chopped mint
- 1 large egg
- 1 tablespoon minced garlic
- 2 teaspoons lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon reduced-sodium soy sauce
- ½ teaspoon sweet paprika
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

For dip:

- 1 small cucumber, halved lengthwise, seeded and sliced (about 1½ cups)
- ¼ teaspoon salt, divided in half for cucumbers and dip
- 1 container (6 ounces or ¾ cup) low-fat plain Greek yogurt
- 2 tablespoons chopped mint
- 2 teaspoons lemon juice
- ¼ teaspoon garlic powder

For assembling:

- 100 percent whole-wheat pita wedges
- Tomato wedges



Broiled beef patties are flavored with lemon. MICHELLE DUDASH

Mint vinaigrette (optional)

To make patties, stir together all patty ingredients. Cover and refrigerate for 1-2 hours.

To make the dip: Spread the cucumber slices out in a colander and sprinkle with ½ teaspoon salt. Stir and allow cucumbers to rest for 1 hour, allowing the salt to extract water. Dab cucumbers with a clean kitchen towel or paper towel. Mix cucumber, ½ teaspoon salt, yogurt, mint, lemon juice and garlic powder. Chill.

Move oven rack to 6 inches below the broiler element and pre-heat to high broil. Shape beef into 12 patties and place

on a sheet pan. Place pan on rack and broil until browned and cooked halfway through, about 5 minutes. Turn and cook until done, about 4 minutes.

To assemble: Serve patties with dip, pita wedges and tomatoes drizzled with vinaigrette (optional).

Makes 4 servings, 3 patties each with dip.

Approximate values per serving: 277 calories, 11 g total fat (4.5 g saturated fat, 0 trans), 349 mg sodium, 57 mg cholesterol, 9 g total carbohydrate (1 g fiber), 24 g protein, 36 percent calories from fat.