

2 Make it sustainable-meat Sundays...

Grass-fed meat may take a bigger bite out of your wallet than the usual grain-fed supermarket choice, but the extra dollars pay off nutritionally with meat that is lower in fat, and—thanks to the animals' pasture-based diet—higher in omega-3s and a group of fatty acids that can actually lower your cholesterol. Farmers' markets and some supermarkets sell grass-fed beef and sometimes bison, lamb, and even goat.

Mini lamb meatballs with cilantro-mint chutney

MAKES 40 | 45 MINUTES

This Indian-spiced meat mixture makes great burgers too—try them on folded naan with the chutney and a slice of tomato.

MEATBALLS

- 1½ tsp. cumin seeds, divided
- 1 tsp. each coriander and fennel seeds
- ½ tsp. each pepper, cayenne, cinnamon, and salt
- ¼ tsp. turmeric
- 1 lb. ground lamb (preferably grass-fed)
- 1 large egg, lightly beaten
- 1 tbsp. vegetable oil

CHUTNEY

- 3 tbsp. low-fat Greek yogurt
- 1 tsp. each minced serrano chile* and fresh ginger
- ½ tsp. salt
- 2 cups loosely packed cilantro
- 1 cup loosely packed fresh mint leaves
- 1 cup chopped onion
- About 1 tsp. lemon juice

1. Make meatballs: In a small frying pan, toast cumin over medium heat until fragrant, 3 to 5 minutes. Grind in a spice grinder, put 1 tsp. in a medium bowl, and reserve the rest for chutney. Grind coriander and fennel and add to bowl with remaining spices, salt, lamb, and egg. Mix gently. Chill mixture until firm enough to shape, about 15 minutes.

2. Make chutney: Put all chutney ingredients and reserved cumin in a food processor and whirl until very smooth. Add more lemon juice if you like. Spoon into a serving bowl.

3. Finish meatballs: With wet hands, form chilled meat into 1-in. balls and set on a baking sheet. Heat oil in a heavy 12-in. nonstick frying pan over medium heat. Fry meatballs until well browned all over, 8 to 10 minutes total. Transfer to paper towels.

4. Serve meatballs with toothpicks and the chutney.

*For a milder chutney, seed chile before mincing.

PER 3-MEATBALL SERVING WITH 3 TSP. CHUTNEY 94 CAL., 60% (56 CAL.) FROM FAT, 7.1 G PROTEIN, 6.3 G FAT (2.2 G SAT.), 2.5 G CARBO (1.1 G FIBER), 204 MG SODIUM, 39 MG CHOL.

GOOD
FOR THE
EARTH

Well-managed grass-fed animals can help keep an ecosystem in balance. They loosen the soil with their hooves, and in the process, work in plant seeds, which they then fertilize with their manure.