

GRILLED BUFFALO AND ROASTED VEGETABLE SKEWERS

By Nina Lynn



Ingredients: 1 pound ground lean buffalo
1/4 cup millet bread crumbs
3 oz. crumbled feta cheese
1/4 cup chopped cilantro or parsley
1 organic egg white beaten
3 tbs. chopped kalamata or black olives
2 cloves organic garlic minced
1/2 tsp. ground cinnamon
1/2 tsp. black pepper
assorted vegetables of your choice cut into 2
in. squares

Directions: Combine meat with cheese, cilantro, egg white, olives and spices. Mix well and shape into balls. Alternate meatballs and vegetables on skewers and grill for 5 minutes on a side. Combined with a green salad, this dish gives you a meal without starchy carbohydrates.

Buffalo meat is a lean alternative to beef and contains the amino acid methionine which helps regulate blood sugar as well as many other metabolic processes.