

Greek Quinoa Bowl

Savory meatballs served atop ancient grains with a fresh tomato-cucumber salad, feta, and a side of tzatziki sauce.



INGREDIENTS

SERVES

10

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All-Natural Beef Meatball, 0.43 oz. 10000097686 - 60 meatballs

Quinoa (precooked) - 1 1/4 lb

Tomato Cucumber Salad

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Tomato - 1 lb

Cucumber - 1 lb

Oregano - 2 tbsp

Olive oil - 1/4 cup

Vinegar - 1/4 cup

Tzatziki Sauce

Tzatziki Sauce

Salt and pepper (to flavor) - pinch

Dill - 2 tbsp

Yogurt - 1 1/2 lb

Pickle juice - 2 oz

DIRECTIONS

1. Cook thawed meatballs in a convection oven for 7-10 minutes at 350°. Keep covered and hold at 160 degrees until serving.
2. Place 6 in the center of the ancient grains.
3. Place tomato-cucumber salad around the quinoa.
4. Drizzle tzatziki sauce atop of the meatball and quinoa. (or in a side cup for the students to apply themselves)
5. Finish with crumbled feta.

Tomato Cucumber Salad

1. Dice tomato and cucumber medium dice. Be sure to de-seed cucumber.
2. Add cucumber and tomato to a mixing bowl with vinegar, oregano and olive oil.
3. Chill for a minimum of an hour.

Tzatziki Sauce

1. Mix all ingredients evenly in a mixing bowl.
2. Chill for a minimum of an hour.