

Mediterranean Quinoa Salad

Serves 6

Ingredients

- ½ cup extra-virgin olive oil
- 6 tablespoons red-wine vinegar
- 3 tablespoons chopped fresh oregano
- 1 ½ teaspoons honey
- 1 ½ teaspoons Dijon mustard
- ¼ teaspoon crushed red pepper
- 3 cups cooked quinoa, cooled (see Associated Recipes)
- 2 cups thinly sliced English cucumber
- 1 ½ cups thinly sliced red onion
- 1 cup halved grape tomatoes
- ½ cup halved pitted Kalamata olives
- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- 1 cup crumbled feta, divided
- 3 cups baby spinach (about 3 ounces)

Directions

- Whisk oil, vinegar, oregano, honey, Dijon and crushed red pepper in a large bowl. Add quinoa, cucumber, onion, tomatoes, olives, chickpeas and 1/2 cup feta. Toss gently to combine. Cover and refrigerate for 30 minutes. (If serving this salad at a later time, leave in the refrigerator and do not proceed until ready to serve).
- Add spinach, and gently toss to combine. Sprinkle with the remaining 1/2 cup feta and serve immediately.

Mise En Place * 804-404-5328 *** www.miseenplacerva.com**

GF Greek Meatballs

Serves 4-6

2 slices of any GF bread, 1-inch thick

1/4 to 1/3 cup milk, to moisten

1 seedless cucumber (also called English cucumber)

Kosher salt

3 tablespoons olive oil

1 1/2 pounds ground lamb or beef

Freshly ground pepper

1/4 cup finely chopped fresh mint

3 tablespoons grated or finely chopped red onion

1 tablespoon finely chopped fresh oregano or 2 tsp dry oregano

dash cinnamon

4 cloves garlic, minced (RESERVE HALF FOR TZATZIKI SAUCE)

1 large egg

Zest and juice of 1 lemon (RESERVE HALF FOR TZATZIKI SAUCE)

4 pitas or flat breads, cut into wedges

**if the pitas can be separated, separate before cutting

-
1. Preheat the oven to 450 degrees F. Spray one baking sheet with nonstick cooking spray for roasting the meatballs. Have another baking tray ready to toast the pita.
 2. Soak the bread in the milk.
 3. Peel the cucumber and grate into a strainer. Salt it and let it drain for 20 minutes. (THIS STEP IS FOR THE TZATZIKI RECIPE THAT FOLLOWS)
 4. Pour the olive oil into a bowl, then add the meat and sprinkle with salt and pepper. Squeeze out the bread and crumble between your fingers as you add it to the meat. Discard the milk. Add the mint, onions, oregano, cinnamon, the 2 garlic cloves, egg and 1/2 of the lemon juice, and mix to combine.
 5. Using a small ice cream scoop, form the meat mixture into about 24 balls and place on the baking sheet. Roast to golden brown, 15 to 18 minutes. Remove the meatballs from the oven and place the broiler on high. Char the pita under the broiler, 30 seconds to 1 minute on each side.

Mise En Place * 804-404-5328 *** www.miseenplacerva.com**

Tzatziki

Ingredients

1 cup Greek whole milk yogurt

1 English cucumber, seeded, finely grated and drained (*already done with the meatball recipes)

2 cloves garlic, finely minced (reserved with meatball recipe)

1 teaspoon lemon zest plus 1 tablespoon fresh lemon juice (reserved with meatball recipe)

2 tablespoons chopped fresh dill

1 teaspoon ground cumin

Kosher salt and freshly cracked black pepper

Directions

In a medium bowl, whisk together the yogurt, cucumber, garlic, lemon zest, lemon juice, cumin and dill. Season with salt and pepper. Chill until ready to serve. Drizzle over meatballs.

