



Grocery and equipment list:

Greek turkey meatballs with tzatziki, watermelon arugula salad and Smore's Rice Krispies

GREEK TURKEY MEATBALLS

Fridge:

2 lbs ground turkey (preferably dark meat)
Flat leaf parsley
Fresh mint
Low sodium tamari
Romaine lettuce leaves

Pantry:

2-3 large fresh tomatoes (any type)
Dried oregano
Fresh garlic
Freshly ground black pepper
Olive oil
Pita or naan bread
Red onion
Sea salt
Tomato paste

Equipment:

Aluminum foil
Cutting board
Knife
Large baking sheet
Large bowl
Measuring cups and spoons
Meat thermometer (optional)
Mini food chopper or grater
Oven
Oven mitts
Trivet



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TZATZIKI

Fridge:

English cucumber
 Fresh lemon
 Plain Greek yogurt

Pantry:

Fresh mint
 Garlic clove
 Sea salt
 White wine vinegar

Equipment:

Citrus juicer
 Cutting board
 Grater (optional)
 Knife
 Medium bowl
 Spoon

WATERMELON ARUGULA SALAD

Fridge:

2-3 limes
 3-4 cups fresh watermelon
 4 ounces feta cheese
 5-ounce container baby arugula
 Fresh cilantro
 Fresh mint

Pantry:

Dijon mustard
 Honey
 Olive oil
 Roasted cashews (salted or unsalted)
 Salt
 Sriracha

Equipment:

Citrus juice
 Citrus zester
 Cutting board
 Jar with lid
 Knife
 Large serving platter
 Measuring cups and spoons
 Salad servers

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S'MORES RICE KRISPIES SQUARES

Fridge:

Salted butter

Pantry:

2/3 cup chocolate chunks
400-gram bag of MINI marshmallows (about 8 cups)
6 cups Rice Krispies cereal
6 square graham crackers
Cooking spray (or oil)
Vanilla extract

Equipment:

9x9 squares or 9x13 rectangular pan
Large pot
Measuring cups and spoons
Rubber spatula

