



Grocery and equipment list:

Turkey meatballs with tzatziki, grainy mustard potatoes, and Greek salad

TURKEY MEATBALLS – Serves 6

Fridge:

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

Pantry:

Dried oregano
Fresh garlic
Freshly ground black pepper
Olive oil
Pita or naan bread (optional)
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



Grocery and equipment list:

Turkey meatballs with tzatziki, grainy mustard potatoes, and Greek salad

TZATZIKI – Makes 2 cups

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



Grocery and equipment list:

Turkey meatballs with tzatziki, grainy mustard potatoes, and Greek salad

GRAINY MUSTARD POTATOES – Makes 4 servings

Fridge:

Fresh flat leaf parsley
Grainy mustard

Pantry:

1 large yellow onion
1-1/2 lb baby potatoes
Extra virgin olive oil
Freshly ground black pepper
Kosher salt

Equipment:

Cutting board
Knife
Large baking sheet
Measuring cups and spoons
Oven
Oven mitts
Parchment paper
Trivet



Grocery and equipment list:

Turkey meatballs with tzatziki, grainy mustard potatoes, and Greek salad

GREEK SALAD – Makes 6 servings

Fridge:

1 English cucumber
1 heart of romaine lettuce (optional)
1 red bell pepper
1 yellow bell pepper
1/2 cup Kalamata olives (optional)
100 grams feta cheese (optional) – I like cow's feta
Red wine vinegar

Pantry:

1 container (250-300 grams) cherry or grape tomatoes
Dijon mustard
Dried oregano
Extra virgin olive oil
Fresh garlic bulb
Freshly ground black pepper
Kosher salt
Red onion

Equipment:

Cutting board
Knife
Large bowl
Measuring cups
Measuring spoons
Medium sized jar (or small bowl with whisk)