

**Montgomery County  
MC 4-H Jr Chef**

**Greek Turkey Bowl**

**Turkey Ingredients:**

1.5 lb	Turkey, ground 99% fat free
3 TBSP	Olive Oil
2 tsp	Garlic minced
1 TBSP	Oregano, dried
1.5 tsp	Basil, dried
1 tsp	Onion powder
1 tsp	Garlic powder
1 tsp	thyme, dried
½ tsp	Salt
1 tsp	Pepper, black
¼ cup	Olives, Kalamata (thin sliced)
½ cup	Sundried tomatoes (packed in water) course chopped
1 ½ cups	Spinach, chopped
¼ cup	lemon juice, fresh squeezed (2-3 lemons)

1. Measure out dry ingredients
2. Heat a large skillet over medium high heat.
3. Add 3 TBSP of olive oil.
4. Once oil is hot, add ground turkey. Crumble meat into small pieces and cook.
5. When turkey is half cooked, add minced garlic and spinach. Continue cooking until turkey is fully cooked through and reaches a temp of 165° F. (About 3-5 minutes).
6. Mix in all dry seasonings and cook for about 2 minutes. Remove from heat: stir in olives, sun dried tomatoes, and lemon juice. Cover and set aside, holding at 135° F or above until ready to serve.

**Parsley Lemon Rice Ingredients:**

1 cup	Basmati Rice
1 TBSP	Olive Oil
1 cup	Chicken Stock; low sodium
1 cup	Hot Water
2 ½ cups	Lemon Juice, fresh squeezed
¼ tsp	Salt, Kosher
3 TBSP	Parsley; Italian

**Directions:**

1. Preheat oven to 350° F.
2. In a 1/2 size steam table pan add rice, olive oil, chicken stock, hot tap water, lemon juice, and kosher salt. Cover pan tightly.
3. Bake: Convection oven. 350° F for 30 minutes. Check for doneness. If needed, return to oven at 5 minute intervals.
4. When thoroughly cooked, remove from oven and let stand covered for 5 minutes. Add parsley and stir to blend.
5. Cover and set aside until ready to serve with Greek Turkey Bowl. Portion With #8 scoop (1/2 cup)

### **Salsa Ingredients:**

1 cup	Cherry Tomatoes, quartered
½ cup	Onion, Red diced
1 cup	Cucumber, English diced
1 TBSP	Olive Oil
1 TBSP	Lemon Juice, fresh
2 TBSP	Vinegar, red Wine
½ tsp	Oregano, dried
½ tsp	Pepper, Black
1/8 tsp	Salt, Kosher

### **Directions:**

1. In a large bowl combine cherry tomatoes, red onion, and cucumber.
2. In a small bowl, whisk together olive oil, lemon juice, red wine vinegar, oregano, black pepper, and salt. Pour over tomato/cucumber salsa. Toss to combine. Cover and set aside for serving at 41° F.
3. Scoop with #8 scoop (1/2 cup)

### **Tzatziki Ingredients:**

½ cup	Cucumber, English peeled and grated
1 ½ cup	yogurt, Low fat Greek
½ tsp	Garlic, minced
1 TBSP	Olive Oil
¼ tsp	Salt, Kosher
1 tsp	Mint Fresh, minced
1 tsp	Cumin
1 tsp	Cilantro minced
2 TBSP	Feta Cheese
1 tsp	Pepper, black
¼ tsp	Olives, black minced

### **Directions:**

1. Peel and grate cucumber. Line a small bowl with paper towels. Place grated cucumber on paper towels. Squeeze out as much moisture as possible from the cucumber. Once drained, add it to a medium bowl.
2. Add in greek yogurt, minced garlic, olive oil, salt, mint, cumin, cilantro, feta cheese, pepper, and olives. Stir to combine.
3. Cover and place in refrigerator until ready to serve with Greek Turkey Bowl.

### **For serving:**

1. Place 1/2 cup Parsley Lemon Rice in a serving bowl or on lunch plate. Make an indentation in the rice, forming a "pond".
2. Next, add 1/2 cup of the Greek Turkey Meat, filling the indentation or "pond" in the rice.
3. Follow with 1/2 cup Cucumber Tomato Salsa to the side of the bowl.
4. Top with 2 Tbsp. Tzatziki Sauce
5. Garnish with 1 tsp Feta Cheese