



Harvest of the Month

CUCUMBER

RECIPE: TZATZIKI SAUCE

YIELD: 16- 1 oz SERVINGS

"Tzatziki is a Middle Eastern dressing that is full of fresh herbs and refreshing flavor!"

INGREDIENTS

- 1 medium-sized cucumber
- 1 cup plain Greek yogurt
- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 crushed garlic clove
- 1/4 cup chopped fresh herbs: dill, parsley, mint

PREPARATION

1. Peel and seed cucumber
2. Combine all ingredients except yogurt in food processor or blender.
3. Place Greek yogurt in a medium-sized bowl and gently fold in blended ingredients.
4. Season with more salt and pepper if needed.
5. Refrigerate overnight or for at least four hours.

Adapted from: Bon Appetit

MEAL PATTERN CONTRIBUTION

This recipe alone does not credit, and is meant to be used as a component to other healthy school recipes!



RECIPE: GREEK TURKEY PITA

YIELD: 6 PITAS

"Use homemade Tzatziki sauce and sliced turkey deli meat to create a savory, satisfying sandwich"

INGREDIENTS

- 3 whole wheat pita breads
- 3 cups fresh baby spinach
- 1 medium cucumber
- 1 large slicing tomato
- 1 1/2 lb turkey slices
- Tzatziki sauce (see recipe to left)

PREPARATION

1. Cut pitas in half
2. Make Tzatziki Sauce (great to do a day ahead)
3. Slice tomatoes and cucumbers into thin pieces
4. Spread 1 Tbsp of Tzatziki sauce inside half a pita
5. Fill pita with:
 - 4 oz. of sliced turkey, 1/2 cup spinach, cucumbers and tomatoes

Adapted from: Creston School District, Washington Farm to School

MEAL PATTERN CONTRIBUTION

2 oz meat/meat alternate
1 1/4 oz grain equivalent
1/2 cup vegetable



RECIPE: VEGETARIAN GYRO

YIELD: 5 GYROS

"A meatless version of the Greek classic packed with fresh veggies and Tzatziki sauce"

INGREDIENTS

- 3 whole wheat pita breads
- 3 cups fresh baby spinach
- 1 medium cucumber
- 1 large slicing tomato
- 3 cups hummus
- Tzatziki sauce (see recipe above)

Adapted from: Lopez Island School District, Washington Farm to School

PREPARATION

1. Cut pitas in half.
2. Make Tzatziki Sauce (great to do a day ahead)
3. Spread 1/2 cup hummus and 1 Tbsp Tzatziki sauce in each pita half.
4. Slice tomatoes and cucumbers into thin pieces.
5. Add 1/2 cup fresh spinach, tomato slices, and cucumber slices to each pocket.

MEAL PATTERN CONTRIBUTION

2 oz meat/meat alternate
1 1/4 oz grain equivalent
1/2 cup vegetable
1/8 cup other vegetable

