



Harvest of the Month

CUCUMBER

RECIPE: TZATZIKI SAUCE

YIELD: 50 - 1 oz SERVINGS

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

INGREDIENTS

- 1 medium-sized cucumber
- 2 Tbsp 1 tsp chopped garlic
- 1 Tbsp 1 tsp lemon juice
- 3 Tbsp 2 tsp chopped fresh dill
- Optional: 2 Tbsp other fresh herbs including mint, parsley, thyme
- 3 Tbsp 2 tsp olive oil
- 2 1/2 tsp salt
- 1 1/2 tsp ground black pepper
- 1 3/4 cup plain Greek yogurt



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: Wenatchee School District, Washington Farm to School

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: 50 PITAS

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

INGREDIENTS

- 3 qts 1 cup cooked quinoa
- 25 whole wheat pita breads
- 4 lb fresh baby spinach
- 4 lb fresh cucumbers
- 4 lb fresh slicing tomatoes
- 12 lb 5 oz USDA 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: 50 GYROS

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

INGREDIENTS

- 25 whole wheat pita breads
- 4 lb fresh baby spinach
- 4 lb fresh cucumbers
- 4 lb fresh slicing tomatoes
- 2 quarts 2 1/2 cups hummus
- Tzatziki sauce (see recipe above)

PREPARATION

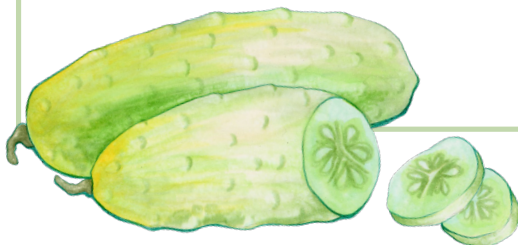
1. Cut pitas in half
2. Make Tzatziki Sauce (great to do a day ahead)
3. Spread 3/4 cup hummus and 1 Tbsp Tzatziki sauce in each pita half
4. Slice tomatoes and cucumbers into thin pieces
5. Add 1/2 cup fresh spinach, tomato slices, and cucumber slices to each pocket

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



MEAL PATTERN CONTRIBUTION

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



FOR SCHOOL USE



MAINE