



Greek Turkey Meatball Mezze Bowls

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

Meatballs

- 1 lb lean ground turkey or ground chicken
- 1 cup chopped frozen spinach, thawed
- 1 ½ tablespoons O&V [Tzatziki Spice mix](#) *
- 1 ½ tablespoons warm water
- ½ teaspoon ground pepper
- 1 teaspoon minced fresh garlic (about 1 large clove)
- 1/8 teaspoon O&V [Ghost Chili Sauce](#) or [Habanero Sauce](#) * (optional and to taste)
- 1-2 tablespoons O&V [Roasted Garlic Oil](#) *

Sauce and Bowl components

- 1 cup sour cream or whole milk Greek yogurt
- 1 ½ tablespoon O&V [Tzatziki Spice Mix](#) *
- 1 tablespoon lemon juice
- 1 tablespoon finely chopped mint
- 1 tablespoon finely chopped dill (more for garnish)
- 1 tablespoon O&V [Lemon EVOO](#) (more for drizzling over) *
- 1 cup cooked couscous or toasted pita bread
- 2 cups chopped romaine or spring greens
- 2 cups sliced cucumbers
- 1 cup cherry tomatoes, halved or quartered
- ¼ - ½ cup black olives or O&V [Kalamata Olives](#) *
- 1 orange bell pepper, sliced
- ½ cup crumbled feta cheese

¼ red onion, thinly sliced (optional)
Lemon wedges to serve

Preparation

Preheat the oven to 400 F. Line a large baking sheet with parchment paper.

In a large mixing bowl, soak the Tzatziki spice mix in the warm water for 5 minutes to rehydrate the herbs. Squeeze the excess moisture out of the thawed spinach and add to the bowl with the tzatziki herbs. Add in the pepper, garlic, hot sauce if using, and the ground chicken/turkey. Combine together but do not overmix.

Using a tablespoon measure, create 20-24 meatballs, rolling gently into balls and placing on the parchment paper. Brush with the Roasted Garlic Oil and place in the oven for 15-18 minutes until cooked through. If the meatballs need more browning, place under a broiler on high for an additional 1-2 minutes.

To make the sauce, place 1½ tablespoons of Tzatziki spice mix in a bowl with 1 tablespoon lemon juice. Allow to sit for 5 minutes to rehydrate the herbs. Add the sour cream/yogurt, fresh minced herbs, and the Lemon EVOO. Combine well and chill till ready to serve.

To assemble the 4 bowls, add chopped lettuce to the bowls, arrange the cucumbers, tomatoes, peppers, olives, and onion (if using) in the bowl. Divide the meatballs amongst the bowls along with the couscous or pita bread.

Generously drizzle each bowl with the Tzatziki Sauce, garnish with minced dill, crumbled feta cheese and a drizzle of Lemon EVOO. Serve with a lemon wedge.

Serves 4

Active time 35 minutes Total Time: 35 minutes

Notes

* The [Tzatziki Spice Mix](#) is hard to replace with its amazing garlicky and herby flavors. Email me if you would like a homemade substitute instead. The [Lemon EVOO](#) adds fabulous zing and brightness to the bowl, you can use a high quality [Unflavored EVOO](#) instead and increase the amount of lemon juice. The [Roasted Garlic Oil](#) adds great flavor and is a nice high temperature cooking oil, you can substitute with your favorite high-quality [Unflavored oil](#) instead.

All highlighted items are available at most [Oil & Vinegar stores](#).

Categories: Entrée, Gluten Free, Easy Weeknight Meal, Quick Dinner, Meal Prep, Greek Mezze Bowl, Spinach and Turkey Meatballs, Ground Chicken Greek Meatballs, Roasted Garlic Oil, Lemon EVOO, Unflavored Oil, Tzatziki Dip Mix, Tzatziki Sauce, Make Ahead Lunches, Couscous, Pita Bread, Healthy