

RECIPE | CUCUMBERS

TZATZIKI SHRIMP BOWL



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Recipe created by Lynn Polito



INGREDIENTS

For the tzatziki:

- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers
- 2** cloves garlic, minced
- 1** lemon, juiced
- 1 cup** plain Greek yogurt
- 1 tbsp** fresh dill
- 1 tbsp** olive oil
- 1 tsp** salt

For the bowls:

- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, sliced in half
- 1 lb** shrimp, peeled & deveined
- 2 cups** quinoa, cooked
- 2 cups** mixed greens
- 1 cup** feta, crumbled
- 1 cup** Kalamata olives, sliced in half
- 1 tbsp** olive oil
- 1 tbsp Italian seasoning
- Fresh dill, optional for garnish

DIRECTIONS

- 1 Preheat the oven to 375°degrees.
- 2 To make the tzatziki, place cucumbers in a food processor. Pulse until shredded. Place shredded cucumbers onto a clean kitchen towel, drain any excess liquid and add to a mixing bowl. Then add the remaining tzatziki ingredients and place in the fridge to cool.
- 3 In a small bowl, mix shrimp, olive oil, and Italian seasoning. Pour the shrimp onto a sheet pan and bake for 15 minutes.
- 4 To serve, divide mixed greens, quinoa, shrimp, feta cheese, cucumbers & olives into bowls. Top with tzatziki and garnish with fresh dill if desired.

Pro Tip: For optimal flavor, leave tzatziki in the fridge for an hour to allow flavors to combine.



25 min

10 min
PREP

15 min
COOKING



4



easy