LEMON-DILL YOGURT SAUCE

10 Servings

INGREDIENTS

Plain Greek Yogurt, reduced-fat or whole  ½ cup
Scallions, finely chopped  2 tbs
Lemon Juice, freshly squeezed  2 tsp
Fresh Dill, chopped  2 tsp

DIRECTIONS

Whisk together the yogurt, scallions, lemon juice, and dill in a small bowl. Season to taste with salt and pepper. Cover and refrigerate the sauce for at least 1 hour to allow the flavors to meld.
QUINOA CAKES

10 Servings

INGREDIENTS

Extra-virgin Olive Oil 1 tbs
Onion, finely chopped ½ cup
Garlic Cloves, finely chopped 2 cloves
Baby Spinach, chopped 5 oz
Large Eggs, beaten 2 eggs
Quinoa, cooked 1 ¼ cup
Feta Cheese, crumbled 2 oz
Fresh Dill 1 tbs
Lemon Zest, grated ¼ tsp
Black Pepper, freshly ground ¼ tsp
Bread Crumbs ½ cup

DIRECTIONS

Heat the olive oil in a large skillet over medium heat. Add the onion and garlic and cook, stirring often, until softened, about 4 minutes. Add the spinach and cook, stirring often, until wilted, about 3 minutes. Transfer the mixture to a medium-size bowl.

Add the eggs, quinoa, feta, dill, lemon zest, and black pepper and mix well. Mix in the bread crumbs and let the mixture sit for a few minutes to allow the bread crumbs to absorb some of the moisture.

Form quinoa patties about 2 ½ inches in diameter and ½ inch thick. Grill the patties until they’re cooked through and browned on the outside, 4 to 5 minutes. Serve warm with lemon-dill yogurt sauce.