



Ingredients, Salmon Souvlaki:

- 1 pound fresh salmon cut into 4 pieces
- 6 tablespoons lemon juice
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon smoked paprika or regular paprika
- 1 tablespoon fresh dill
- 1 tablespoon fresh oregano
- 2 cloves garlic minced or grated
- ½ teaspoon salt
- 1 teaspoon pepper

Ingredients, Bowls

- 1 cup dry pearl couscous or farro
- 2 red peppers quartered
- 1 inch zucchini cut into 1/4 rounds
- 2 tablespoons olive oil
- 1 cup cherry tomatoes halved
- 2 Persian cucumbers sliced
- ½ cup kalamata olives
- 4-8 ounces feta cheese crumbled
- Tzatziki
- juice from 1 lemon



Ingredients, Avocado Tzatziki

- 1 cup plain full-fat Greek yogurt
- 1 clove garlic minced or grated
- 1 tablespoon fresh dill chopped
- 1 tablespoon olive oil
- juice of half a lemon
- salt + pepper to taste
- 1 ripe but firm avocado, diced
- pinch of crushed red pepper flakes

Method, Avocado Tzatziki:

1. Combine all the ingredients except the avocado in a bowl and mix well. If not serving right away, keep covered in the fridge. When ready to serve, stir in the avocado. The Tzatziki will keep 2-3 days in the fridge.

Method Bowls:

1. In a medium sized bowl, combine the lemon juice, olive oil, balsamic vinegar, smoked paprika, dill, oregano, garlic, salt, and pepper. Add the salmon and toss well, making sure the salmon is completely coated in the seasonings. Let sit for 10-15 minutes.
2. Meanwhile, cook the couscous or farro according to package directions.
3. In a bowl, toss together the red peppers, zucchini, 2 tablespoons olive oil, salt, + pepper. Toss well to coat the veggies.
4. Heat your grill, grill pan, or skillet to medium high heat.
5. Transfer the salmon to the preheated grill and grill for about 3 minutes on each side or until the salmon is cooked to your desired doneness. Remove the salmon from the grill. During the same time, add the bell peppers and zucchini, grill 3-4 minutes per side or until char marks appear. Remove everything from the grill.
6. To assemble, divide the couscous or farro among bowls and drizzle with lemon juice. Add the grilled veggies, salmon, cherry tomatoes, cucumbers, olives and feta cheese. Dollop with Tzatziki and garnish with fresh herbs.