***Seasonal Greens with Tzatziki Sauce (Meatless)***

Nutritional Analysis

Per Serving

Calories: 570

Protein: 36 g

Carbohydrates: 48 g

Total Fat: 22 g

(Saturated Fat:) 5 g

Dietary Fiber: 13 g

Cholesterol: 30 mg

Sodium: 850

% calories from fat: 33.5 %

Serving Size:

*One half of the greens mixture over ¾ C. quinoa topped with ½ C. Tzatziki Sauce, 3 oz. chopped tomato and 1-1/2 T. crumbled feta. Serve ½ an orange.*