

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Greek Style Lamb & Quinoa

[The Real Food Diet Cook Book, by Dr. Josh Axe]

Ingredients:

- 1 lb boneless leg of lamb, trimmed & thinly sliced
- 2 tbsp chopped fresh oregano, divided
- 3 tsp lemon juice, divided
- 2 cloves garlic, minced
- Sea salt & black pepper to taste
- 1 tbsp coconut oil divided
- ½ cup goat's milk yogurt
- ½ cucumber, seeded and grated
- 4 cups cooked quinoa
- 1 red bell pepper, chopped

Directions:

- Place lamb, half the oregano, half the lemon juice, garlic, 1 tsp sea salt and 1/4 tsp pepper in a large bowl and toss together.
- Heat oil in a large skillet over medium heat. Add lamb and cook, stirring frequently, until cooked through, about 5-7 minutes.
- IN a medium bowl, mix together yogurt, cucumber, remaining lemon juice, sea salt and pepper to taste.
- Serve lamb on top of cooked quinoa, drizzle with sauce and top with chopped bell peppers and remaining oregano.