

Greek Meatballs and Quinoa Skillet



I love one-pan recipes like this one—fewer dishes, more simplicity! This version of meatballs served over a bed of quinoa is nourishing, flavourful, and perfect for busy weeknights. Approved by our dietitians, it's easy to customize with whatever spices and ingredients you have on hand. You can even use leftover [Greek salad](#) as a topping!

Preparation 15 min

Cooking 25 min

Servings 6

Nutrition Facts (per serving)

Calories 375

Fat 17

Carbohydrates 30

Fibre 5

Protein 25

Sodium 365

Ingredients

- 450 g (1 lb) ground chicken
- 125 ml (½ cup) textured vegetable protein (TVP)
- 1 clove garlic (5 ml / 1 tsp), finely chopped
- 1 large egg

- 7.5 ml (½ tbsp) Greek seasoning
- 2 pinches of salt
- 15 ml (1 tbsp) olive oil
- 250 ml (1 cup) dry quinoa, rinsed
- 250 ml (1 cup) water
- 60 ml (¼ cup) sun-dried tomatoes, chopped
- 30 ml (2 tbsp) lemon juice
- 1 pinch of salt
- Pepper, to taste

Toppings (optional):

- 90 ml (6 tbsp) [hummus](#) or tzatziki, homemade or store-bought
- 18 cherry tomatoes, halved
- ½ English cucumber, sliced
- 12 pitted black olives, sliced
- 90 ml (6 tbsp) crumbled light feta cheese
- Fresh herbs (parsley, basil, cilantro, etc.)

Preparation

1. In a medium bowl, add the chicken, TVP, garlic, egg, Greek seasoning, and salt. Mix to combine well.
2. Form meatballs using about 15 ml (1 tbsp) of the mixture.
3. In a large non-stick skillet, heat the oil over medium-high heat. Add the meatballs and brown them for 5 to 8 minutes.
4. Add the rinsed quinoa. Cook for 1 to 2 minutes, stirring to coat the grains.
5. Add the water, lemon juice, salt, and pepper. Bring to a boil. Reduce to low heat, cover, and simmer for 15 minutes.
6. Remove from heat, add the sun-dried tomatoes, and let rest covered for 5 minutes, or until the meatballs are fully cooked.
7. Top with desired ingredients just before serving.

Notes

Keeps for 5 days in the refrigerator in an airtight container or up to 3 months in the freezer.

Keep vegetables separate for storage (they do not freeze well).



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