

Roasted Chicken and Potatoes

(Servings: 4)

| <u>UNIT MEASURE</u> | | |
|---------------------|-------------------------------|--|
| 5 pounds | Chicken breast, split | |
| 1 cup | EVOO | |
| 4 ea | Lemons, juiced | |
| 3 Tbl | Garlic, chopped | |
| 2 Tbl | Oregano, dried | |
| 1 Tbl | Kosher salt | |
| 1 Tbl | Black pepper | |
| 1 pound | Potatoes, gold, cut in wedges | |

PROCEDURE

| | |
|----|---|
| 1. | Place all marinade ingredients in bowl and mix well. |
| 2. | Place chicken breast in roasting pan and pour half the marinade over the chicken breasts, coating well. |
| 3. | Toss quartered potatoes in remainder of marinade. Place potatoes around the chicken breasts in pan. |
| 4. | Place chicken and potatoes in a 350 degree oven. |
| 5. | Roast for 1 ½ hours. |
| 6. | Remove from oven and let rest for 5 minutes before serving. |

Spicy Sausage Linguine in a Tomato Herb Sauce

(Servings: 4-6)

| <u>UNIT MEASURE</u> | | |
|---------------------|--|--|
| | For the sauce: | |
| 2 Tbl | EVOO | |
| ¼ pound | Onion, diced | |
| 1 Tbl | Garlic, fresh, chopped | |
| 28 oz | Tomatoes, canned, pureed, no concentrate | |
| 2 tsp | Oregano, dried | |
| 1 tsp | Kosher salt | |
| 1 tsp | Black pepper | |
| ½ tsp | Cinnamon, ground | |

| | | |
|---------|------------------------------|--|
| ¼ tsp | Clove, ground | |
| 1 tsp | Sugar | |
| 1 Tbl | Basil, fresh, chopped | |
| 1 Tbl | Mint, fresh, chopped | |
| ¼ cup | Water | |
| 1 pound | Italian sausage, hot, ground | |
| | | |
| | For the pasta: | |
| 1 pound | Linguine, cooked | |
| 4 Tbl | Parmesan cheese | |

PROCEDURE

| | |
|----|--|
| 1. | In a large sauté pan over medium high heat, add EVOO. |
| 2. | Add onions and garlic, cook until soft. |
| 3. | Add tomatoes and seasonings, reduce heat to low. |
| 4. | Add herbs and continue to simmer for 10 minutes on very low heat. Sauce will be thick, add water at end. |
| 5. | Brown sausage and drain grease. Add to sauce and simmer for another 5 minutes. |
| 6. | Add cooked linguine and toss. |
| 7. | Garnish with cheese. |

Vegetable Frittata

(Servings: 8 slices)

| <u>UNIT MEASURE</u> | | |
|----------------------------|----------------------------|--|
| 1 Tbl | EVOO | |
| ½ cup | Potatoes, roasted, chopped | |
| ¼ cup | Red onion, sliced | |
| ¼ cup | Red pepper, sliced | |
| ¼ cup | Zucchini, sliced | |
| ¼ cup | Tomatoes, diced | |
| ¼ pound | Spinach | |
| 8 ea | Eggs | |
| ¼ cup | Greek yogurt | |
| ½ cup | Feta cheese | |

PROCEDURE

| | |
|----|--|
| 1. | Place a large non-stick skillet over medium high heat and add EVOO. |
| 2. | Add all vegetables except spinach and cook for 3-4 minutes. |
| 3. | Add spinach and cook just to wilt spinach. Remove from heat. |
| 4. | Place eggs, yogurt and cheese in mixing bowl and whip until combined well. |
| 5. | Pour egg mixture over vegetables. DO NOT STIR. |
| 6. | Carefully place in 400 degree oven and bake for 8- 10 minutes until firm. |
| 7. | Remove from oven and let sit for a couple minutes. |
| 8. | Slide out of pan onto cutting board and cut into wedges. |

Pita Pizzas**(Servings: 4)**

| <u>UNIT MEASURE</u> | | |
|---------------------|--|--|
| 2 ea | Pitas | |
| 4 Tbl | Tomato sauce | |
| ¼ pound | Pepperoni, thick sliced | |
| 2 cups | Assorted vegetables: spinach, tomatoes, peppers, zucchini, red onion | |
| 1 cup | Mozzarella cheese, shredded | |
| 2 Tbl | Parmesan cheese | |

PROCEDURE

| | |
|----|--|
| 1. | Place pitas on cookie sheet. |
| 2. | Spread tomato sauce and mozzarella cheese on pitas. |
| 3. | Add pepperoni and vegetable toppings. |
| 4. | Top with parmesan cheese. |
| 5. | Place in a 350 degree oven and bake for 4-5 minutes, until cheese is melted and bread is slightly brown. |
| 6. | Remove from oven and cut into 4 pieces. |

Cucumber Salad

(Servings: 1 ½ pounds)

| <u>UNIT MEASURE</u> | | |
|---------------------|---------------------------------------|--|
| 3 ea | Cucumbers, peeled, seeded, 1 " pieces | |
| 6 oz | Roma Tomatoes, diced | |
| 2 oz | Red onions, julienned | |
| 2 Tbl | Basil, fresh, julienned | |
| 3 oz | Feta cheese | |
| 2 Tbl | EVOO | |
| 1 Tbl | Red wine vinegar | |
| 1 tsp | Oregano, dried | |
| ¼ tsp | Kosher salt | |
| ¼ tsp | Black pepper | |

PROCEDURE

| | |
|----|--|
| 1. | Cut all vegetables and herbs and place in mixing bowl. |
| 2. | Add EVOO, vinegar and spices. |
| 3. | Mix well. |

Tzatziki

(Servings: 2 cups)

| <u>UNIT MEASURE</u> | | |
|---------------------|------------------------------------|--|
| 1 1/2 cups | Greek yogurt | |
| 1 Tbl | Dill, fresh, chopped | |
| 1 tsp | Garlic, fresh, chopped | |
| 1 tsp | Red Wine Vinegar | |
| ¼ lb | Cucumbers, peeled, grated, drained | |
| ½ tsp | Kosher salt | |
| ½ tsp | Black pepper | |

PROCEDURE

| | |
|----|--|
| 1. | Peel and grate/shred cucumbers, squeezing all the liquid out of shredded cucumber until almost dry. |
| 2. | In a large mixing bowl place yogurt, dill, garlic, red wine vinegar, and shredded cucumbers. Mix well. |

| | |
|----|------------------------------|
| 3. | Season with salt and pepper. |
|----|------------------------------|

Chicken Pita Pockets

(Servings: 4)

| <u>UNIT MEASURE</u> | | |
|---------------------|-----------------------------------|--|
| 1 ea | Chicken breast, no skin, shredded | |
| 4 Tbl | Tzatziki | |
| 1 cup | Cucumber salad | |
| 4 ea | Pita, halves | |

PROCEDURE

| | |
|----|--|
| 1. | Cut pitas in half and open. |
| 2. | Spread 1 Tbl tzatziki in each pita. |
| 3. | Add chicken and cucumber salad on top. |