

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.