

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Easy, "Lemon-ey" and Cheesy for a Weeknight Dinner!

Great Leftovers for Lunch, too.

Greek Lemon Chicken

3 TB Olive Oil
6 Boneless, Skinless Chicken Breasts
1 Cup Diced Yellow Onion
3 Garlic Cloves, Grated
1/2 Cup Fresh Lemon Juice
Zest of 1 Lemon
2 TB Dried *Oregano Leaves
6 Ounces Feta Cheese, Crumbled
1/2 Cup Chopped Green Onions,
plus more for garnish
Sea Salt and Black Pepper
Chopped Fresh *Oregano

Step One Heat the oil in a large skillet. Over medium high heat sauté the chicken breasts until browned, or about 10 minutes. Remove and set aside. Sauté the onions until translu-

cent and soft, about 5 minutes. Add the garlic and sauté for 1 minute.

Step Two Turn the oven to 350F. Place the chicken breasts in a 13x9x2 (or similar) casserole dish and spoon the onions and garlic, the lemon juice, zest, dried oregano, feta and green onions over the chicken. Sprinkle well with sea salt and black pepper.

Step Three Bake for 20 minutes or until the chicken is done (165F on an instant read thermometer). Remove, garnish with fresh oregano, green onion and lemon wedges and serve with whole wheat orzo or brown rice.

2 Kitchen Smidgen

*Oregano is an aromatic herb native to Europe, the Mediterranean and

Asia. It's essential in Italian and Greek food and pairs well with mint, thyme and parsley. Dried oregano is often more pungent than fresh! We're layering the oregano flavor in this recipe by using both the dry and fresh.

3 Get Creative

Send leftover Greek Lemon Chicken to work or school tomorrow. Place the Chicken in Pita Pockets with Tzatziki Sauce - a Greek yogurt sauce that I think you will love! Peel, seed and finely chop 1 cucumber. Combine the cucumber with 1 cup non fat yogurt, add 1 Tsp salt, 1 clove grated garlic and 2 TB chopped fresh dill.

4 WINE of the Week

Boutari Santorini White
Santorini, Greece
Total Wine about \$24.00

This is a little over my usual \$20 price tag - but If you're eating Greek food, why not try Greek wine? Santorini is not only the most famous of Greek Islands, but the home to Santorini wine. The distinctive Assyrtiko grape brings fresh, dry, crisp and citrusy flavors to this easy drinking wine. You'll enjoy this food friendly choice with almost any chicken or fish dish made with lots of lemon and herbs.