

**Please note that there are 3 pages of recipes.**

## Greek Salad (Horiatiki)

- 1 small red onion
- 3 medium or 1 cup cherry tomatoes
- 1 English cucumber or 6 Persian cucumbers
- 1 green bell pepper
- 1 cup of pitted Kalamata olives
- 1 teaspoon dried oregano
- Sea salt to taste
- 1/3 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 large block or 1 package of crumbled feta cheese

## Instructions

- Slice the onion in half and then make thin half-moon slices.
- If using medium tomatoes, core and slice them, also in half-moon shapes, or use cherry tomatoes.
- Wash and slice cucumbers.
- Combine the veggies in a large serving dish.
- Add 1/2 teaspoon of oregano and a pinch of sea salt. Mix.
- Add the Olive Oil and Red Wine and mix well.
- Finish the salad with the crumbled or sliced feta cheese and the remaining 1/2 teaspoon of dried oregano.

# Grilled Greek Chicken Kabobs

2 pounds boneless/skinless chicken breasts  
2/3 cup plain Greek yogurt  
3 cloves of garlic, minced  
¼ cup Extra Virgin olive oil  
4 Tbsp. lemon juice  
3 Tbsp. red wine vinegar  
2 tsp. dried oregano  
2 tsp. sea salt  
½ tsp. black pepper  
2 Red onions, quartered & layers torn apart  
2 bell peppers, cored, seeded, and cut into 1 ½ squares

## Instructions

- Cube (~1 ½") the chicken breasts and place into a gallon-size Ziploc bag.
- To this bag, add the 2/3 cup plain Greek yogurt, 3 cloves of minced garlic, ¼ cup of Extra Virgin olive oil, 4 Tbsp. fresh lemon juice, 3 Tbsp. red wine vinegar, 2 tsp. dried oregano, 2 tsp. sea salt, and ½ tsp. black pepper. Remove all air from the bag and seal it well. Squish the mixture between your hands, rotating the bag frequently to incorporate the marinade into the cubed chicken. Let sit in refrigerator for a minimum of 4-6 hours. I prefer to let in marinade overnight.
- When ready to prepare, use metal skewers or wooden bamboo skewers. If using wood, soak in water for at least 15 minutes before placing the chicken cubes on the skewers. Add 5-6 pieces of chicken to each wooden skewer or more if using longer metal skewers. Add slices of onion and bell pepper between chicken cubes. Put skewers on a large baking sheet to transfer to your grill or oven.
- Grill over medium high heat for about 8-10 minutes until chicken browns. If you prefer, you can bake it in the oven on the cookie sheet. If baking, bake at 350 degrees for about 20 minutes or until the internal temperature of the chicken is at least 180 degrees using a meat thermometer.
- Serve with Greek Salad and Tzatziki Sauce.

## Tzatziki

- 1 English cucumber
- 1 tsp sea salt
- 4 garlic cloves, grated
- 1 Tbsp Extra Virgin olive oil
- 2 cups plain Greek yogurt
- Fresh mint
- 1/4 black or white pepper

### Instructions

- Rinse your cucumber and cut off the ends. Using a box grater, finely grate the cucumber into a kitchen-towel lined bowl. Sprinkle in about ½ tsp. of sea salt and mix well. Let this sit for a few minutes until the cucumber begins to lose its water. Grasping the ends of the towel, twist and squeeze out as much of the water as possible. This will take a few strong squeezes with both hands.
- Place the grated cucumber into a large mixing bowl. Add the grated garlic, ½ tsp of sea salt, and 1 Tbsp of olive oil to the bowl. Mix well.
- Stir in 2 cups of Greek yogurt, a generous pinch of black or white pepper, and the fresh mint. You can also use dried mint if you don't have fresh. Mix this together.
- Cover the bowl and refrigerate for at least an hour; two – three hours is better.
- To serve, stir again and drizzle with a little more olive oil. Serve with fresh veggies like baby carrots or sliced bell peppers, pita chips, or pita bread. This could also be used as an accompaniment to your kabobs.
- Store in the refrigerator and use within a few days.