## **CHICKPEA TOMATO CUCUMBER YOGURT SALAD**

Serves 4



### **INGREDIENTS**

- 1/4 cup Fat Free Greek Yogurt
- 1/4 tsp. Ground Cumin
- 3/4 cloves Fresh Garlic, minced
- 3/4 tsp. Fresh Dill Weed, chopped
- 1-1/2 tsp. Fresh Lemon Juice
- 2-1/2 cups Fresh Cucumbers, peeled and diced
- 2 cups Fresh Cherry Tomatoes, halved
- 2 cups Canned Garbanzo Beans, drained and rinsed

#### **INSTRUCTIONS**

- Combine Greek yogurt,
  cumin, garlic, dill weed
  and lemon juice in bowl and mix to combine.
- Prepare produce and place in bowl. Toss with yogurt sauce and chill until ready to serve.



# INDIAN SPICED TOMATO CHUTNEY OVER GRILLED CHICKEN

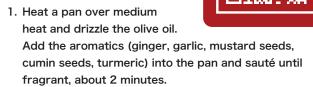
Serves 4



#### **INGREDIENTS**

- · 12 oz. Grilled Chicken Breast
- 1 Tbsp. Extra Virgin Olive Oil
- 1/2 tsp. Fresh Ginger Root, minced
- 1/2 tsp. Fresh Garlic, minced
- 1/8 tsp. Mustard Seed
- · 1/8 tsp. Cumin Seed
- 1/8 tsp. Ground Turmeric
- · 2 Tbsp. Red Wine Vinegar
- · 2 Tbsp. Light Brown Sugar
- 1 cup Canned Diced Tomatoes, no added salt, drained
- · 1/4 cup Fresh Scallions, sliced
- · 1/8 tsp. Salt

#### **INSTRUCTIONS**



- Add vinegar and brown sugar and bring to a boil until sugar is melted. Remove from heat and add the drained, diced tomatoes and scallions.
- 3. Season with salt and serve over the cooked chicken.



# MEDITERRANEAN BAKED EGGS, BELL PEPPER, TOMATO, CHICKPEAS & PITA

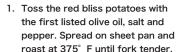
Serves 4



### **INGREDIENTS**

- · 9 oz. Red Bliss Potatoes, diced
- · 1 tsp. Olive Oil
- 1/8 tsp. Kosher Salt
- 1/4 tsp. Ground Black Pepper
- 2 Tbsp. Olive Oil
- · 1 cup Yellow Onion, chopped
- · 1 cup Red Bell Peppers, diced
- · 1 tsp. Ground Cumin
- · 1 tsp. Ground Paprika
- · 1 Tbsp. Garlic, minced
- · 1/8 tsp. Ground Black Pepper
- · 1/2 cup Canned Chickpeas, drained
- 1 1/2 cup Canned Crushed Tomatoes
- 1/3 cup Parsley, chopped
- · 8 Whole Eggs
- · 2 Whole Wheat Pita Pockets. 6"

#### **INSTRUCTIONS**





**VOLIR INGREDIENTS** 

- Heat second listed olive oil in a large oven-safe skillet over medium. Cook onions and bell peppers until translucent.
- Stir in cumin, paprika, garlic and black pepper. Cook until fragrant.
   Add the roasted potatoes and chickpeas. Stir in the crushed
   tomatoes. Reduce heat to low and simmer for 20-30 minutes. Stir
   in parsley.
- 4. To make 4 separate servings, separate the sauce into 4 smaller skillets or baking dishes. If serving from one pan, skip this step.
- 5. Use the back of a spoon to make wells in the sauce for the eggs. Crack 2 eggs into each small baking dish (or 8 eggs into the large baking dish). Bake in a 375 degree oven until eggs are set but yolks are still runny, about 8-10 minutes.
- Cut the pita into 6 pieces, toast lightly if desired, and serve 2 pieces per person to dip in the dish.

## **PANZANELLA SALAD**

Serves 4



### **INGREDIENTS**

#### Salad

- · 4 slices Baguette
- 3 Tbsp. Extra Virgin Olive Oil
- 1/8 tsp. Kosher Salt
- · 2 Fresh Tomatoes
- · 4 oz. Fresh Mozzarella
- · 1/4 Red Onion
- 1 Garlic Cloves
- · 1 sprig Flat Leaf Parsley
- 1/2 English Cucumber
- · 1 sprig Fresh Basil
- · 1 tsp. Capers

#### Dressing

- · 1 Tbsp. Red Wine Vinegar
- 1/2 tsp. Dijon Mustard
- · 3 Tbsp. Extra Virgin Olive Oil
- 1/8 tsp. Kosher Salt
- 1/8 tsp. Ground Black Pepper

#### **INSTRUCTIONS**

- All produce should be rinsed and scrubbed.
- Cut bread into two inch cubes, toss with one Tbsp. of extra virgin olive oil and salt. Toast in preheated 425° F oven for about 8-10 minutes until golden brown. Let cool and reserve.
- 1/4 inch dice tomatoes, mozzarella & red onion.
  Julienne cucumber then 1/4 inch dice. Mince garlic
  & chop parsley and basil together.
- In a mixing bowl combine red wine vinegar, Dijon mustard and a little salt and pepper if desired, whisk together. Slowly drizzle in remaining EVOO whisking constantly until all is incorporated.
- 5. Add all ingredients to bowl including the capers and toasted bread, toss to evenly distribute.
- 6. Plate and enjoy. Can garnish with some more fresh herbs if desired.

