

COOKING CLASSES FOR STUDENTS

CHICKEN SOUVLAKI WITH PITA BREAD & GREEK SALAD

GREEK SALAD

YEILD: 4 SERVINGS

Ingredients:

- ½ cup Italian dressing
- 1 each English cucumber, cut lengthwise, seeded, and sliced ¼-inch thick
- 1 each green bell pepper, chopped into 1-inch pieces
- 2 cups halved cherry tomatoes
- 5 ounces feta cheese, cut into ½ inch cubes*
- ⅓ cup thinly sliced red onion
- ⅓ cup pitted Kalamata olives

Directions:

1. Toss all ingredients together
2. Season with salt and pepper to taste

CHICKEN SOUVLAKI

YEILD: 4 SERVINGS

Ingredients:

- 1.5 pounds Chicken breast, cut into 1-inch cubes
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 each garlic cloves minced
- 1 Tablespoon dried oregano
- ½ each Lemon, juiced
- 2 Tablespoon mustard
- ½ cup plain Greek yogurt
- 2 Tablespoon olive oil
- 6 each Bamboo skewers

Directions:

1. Soak the bamboo skewers in water for at least 30 minutes
2. Make the marinade by whisking together salt, pepper, minced garlic, dried oregano, lemon juice, mustard, Greek yogurt and olive oil. Add the chicken cubes and let sit in the bowl at room temp for 30 minutes. Alternatively, cover and marinate in the fridge for 60 minutes.
3. When the chicken is marinated, thread the chicken onto the skewers and heat the grill to medium-high heat, about 400F.
4. Oil the grill well and when heated, place the skewers on the grill and cook, turning occasionally, for about 10-15 minutes or until cooked through (internal temperature reached 165F) and well browned.
5. Remove from the grill and let rest for 5 minutes before serving. See notes for serving suggestions.

Serving Suggestions:

- Serve on toasted pita bread
- Serve with simple Greek salad

THE KITCHENS