

Greek Dinner

July 6, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF

Let's go Greek! I'm all about the Greek salad with the cheese, onions and feta. Yum! They are my favorite components. This super bright salad is great to make for gatherings or to bring to one! How I really love to eat it is with Greek grilled chicken and of course tucked in between a warm pita! You can do this at your next BBQ gathering or just any day of the week! Let's get cooking...

Serves: 4 Total time: 1 hour

Ingredients for salad

- 4 large vine tomatoes, cut into large chunks*
- 1 cucumber, peeled, de-seeded, cut into half moon (cut in rounds then in half)*
- ½ a red onion, thinly sliced*
- 1 cup Kalamata olives*
- 1 tsp dried oregano*
- 1 cup feta cheese, cut into chunks*
- 4 tbsp Greek extra virgin olive oil*

Ingredients for chicken

- 2 lb of boneless chicken breast cut into chunks – thighs work too*
- 2 tbsp lemon juice*
- 3 tbsp of olive oil*
- 1 tsp dried oregano*
- 2 tsp minced garlic*
- Salt and pepper to taste*

Ingredients for yogurt

- 1 cup Greek yogurt*
- 2 tsp olive oil*
- ½ red onion – large chunks*

- 1 cucumber – large chunks*
- Salt and pepper to taste*
- 1 tbsp dill dried or fresh – reserve a sprinkle for garnish*
- ¼ cup parsley*
- Lemon wedges and parsley for garnish – optional*
- Pita bread – optional*

Let's work on the chicken first so it can marinate while we prep the rest. Combine lemon juice, olive oil, oregano, garlic, salt and pepper in a bowl if you like heat add in now. If you want to skewer them, cut into 1 inch chunks and place in bowl. if using wooden skewers place in water for an hour, this will prevent them from burning. Wrap bowl, place in fridge and lets work on salad.

In a large bowl place your already cut tomatoes and chopped cucumber, your thinly sliced red onions, Kalamata olives, dried oregano and toss together. Grab your feta cheese and crumble into chunks. Drizzle olive oil, black pepper or chili flakes if you like it spicy and gently toss together. Feta is salty so taste it, if you feel you need to salt only do a pinch. Wrap and place in fridge until ready to serve. Flavors will come together once it sits for a while. Taste again and adjust if needed.

Now that that's done grab your chicken and skewers and start skewering. If you have zucchini you can cut into rounds and add them to the kabob. Onions and peppers work as well or leave them as is.

Fire up your indoor or outdoor grill and grill for 5 minutes on each side for skewers. Cook 8 minutes per side if chicken breast is whole. While chicken is cooking start your yogurt sauce. Super easy, mix all the ingredients in a processor. You don't want it super smooth or very chunky. Somewhere in the middle. Taste, adjust if needed and add to bowl. Garnish with dill.

If you don't have Greek yogurt but have plain yogurt we can make it! Grab a mesh colander, line with paper towel and place yogurt inside. You will need to place the colander in a bowl. Adjust where the bottom of colander is NOT touching bottom of bowl. The liquid whey will strain and we don't want it touching. Cover in plastic wrap and let sit in fridge about 12 hours. It can take up to 48, check consistency after the first 12 hours you will know if you need it a little longer.

Once chicken is done grab salad and yogurt sauce and dinner is served! Do you have pitas? Warm them right on the grill, no pita no worries. But if you do

have any crusty bread you may to soak up all those juices from your deliciously prepared meal. Garnish with a squeeze of lemon and enjoy