

Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

Time required

Quick - 30 minutes or less

Moderate - 1 hour or less

Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

Skill level: Easy

Time required: Quick

Extra ingredients: Few



Eggplant Wraps

Ingredients

2 medium eggplants
2 tablespoons olive oil
1 tablespoon dried Italian herb mix
14 ounces spinach
16 sundried tomato pieces

3 tablespoons pine nuts, lightly toasted
5 ounces sharp cheddar, cut into 16 slices
Pinch of sea salt
Black pepper to taste

Directions

- 1) Preheat the oven to 350°F. You will need a large non-stick baking sheet.
- 2) Cut the woody top off each eggplant and discard. Slice each eggplant lengthwise into 8 pieces (16 in all) about 1/2 inch thick.
- 3) Mix oil and the herbs together in a small bowl. Lightly brush each slice of eggplant with the herby oil. Heat a large frying pan over medium heat. Fry each side until golden brown and softened, which should be about 3 minutes per side. When all the slices are cooked, set them aside.
- 4) Wash the spinach in cold water, toss it in a hot medium saucepan until wilted, and drain off the excess liquid.
- 5) Assemble each wrap by taking 1 slice of the cooked eggplant and placing a little of the wilted spinach on one side. Then lay a piece of sundried tomato on top, sprinkle a few toasted pine nuts over it, and top with a slice of Cheddar. Fold the eggplant over to form the wrap, then place it on a large non-stick baking sheet.
- 6) Repeat this until all 16 wraps are assembled and placed side by side on the baking sheet. Sprinkle with a pinch of sea salt and a grind of fresh black pepper.
- 7) Bake in the oven for 15 minutes, until the cheese has melted and is bubbling, and serve immediately.

Ingredients

4 large chicken cutlets (boneless skinless chicken breast cut into 1/4 inch thin cutlets)
1 tablespoon dried oregano, divided
1 teaspoon salt, divided
1 teaspoon salt, divided
1 teaspoon black pepper, divided

1/2 cup all-purpose flour
Olive oil
8 ounces of mushrooms cleaned and sliced
1 pint grape tomatoes
2 tablespoons chopped garlic
1 tablespoon fresh lemon juice
1 1/4 chicken broth
Handful of spinach (optional)

Directions

- 1) Pat chicken cutlets dry. Season on both sides with 1/2 tablespoon dried oregano, 1/2 teaspoon salt, and 1/2 teaspoon black pepper. Coat the chicken cutlets with flour; dust off excess. Set aside briefly.
- 2) Heat 2 tablespoons olive oil in a large cast iron skillet with a lid. Brown the chicken cutlets on both sides (3 minutes or so). Transfer the chicken cutlets to a plate.
- 3) In the same skillet, add more olive oil if needed. Add the mushrooms and saute briefly on medium-high (about 1 minute or so). Then add the tomatoes, garlic, the remaining 1/2 tbsp oregano, 1/2 tsp salt, and 1/2 tsp pepper, and 2 tsp flour. Cook for another 3 minutes or so, stirring regularly.
- 4) Add the lemon juice and chicken broth.
- 5) Bring the liquid to a boil, then add the chicken back in the skillet. Cook over high heat for 3-4 minutes, then reduce the heat to medium-low. Cover and cook for another 8 minutes or until the chicken is fully cooked and its internal heat registers a minimum of 165 degrees F.
- 6) If you like, stir in a handful of baby spinach just before serving. Enjoy hot with your favorite small pasta like orzo and a crusty Italian bread!



Italian Chicken Skillet