

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: Several



Mediterranean
Chicken Wraps

Ingredients

Chicken:

- 1 large chicken breast
- Salt & pepper to taste
- 1 teaspoon dried rosemary
- 1 teaspoon dried oregano
- 1-2 tablespoons extra virgin oil
- 1 medium lemon

Dressing:

- 5 tablespoons greek yogurt
- ¼ cup fresh parsley, chopped
- 3 tablespoons olive oil
- 1 tablespoon lemon juice, fresh squeezed

Wraps:

- 1 large orange
- 5-6 sundried tomatoes
- 1 head of butter leaf lettuce
- 8 artichoke hearts
- 1 green onion

Directions

- 1) Season the chicken breast with salt, pepper and the herbs. Pour some olive oil onto a skillet or frying pan and cook on both sides until it's cooked through.
- 2) Cut the artichoke hearts in halves and place them the cut side onto the same skillet/frying pan or grill pan. Add lemon juice to the pan. Cook the artichokes until they are nice and brown.
- 3) Meanwhile prepare the yogurt dressing: Combine the yogurt, chopped parsley, olive oil and lemon juice in a bowl and mix with a spoon until combined.
- 4) Peel the orange, cut into segments and then into small pieces. Slice the sun-dried tomatoes. Wash and pat dry the lettuce leaves. Cut the spring onion.
- 5) Arrange all the ingredients (including grilled and sliced chicken breast and artichokes) inside the leaves and drizzle over the yogurt dressing.

Skill level: Easy

Time required: Quick

Extra ingredients: Few



Cucumber, Tomato &
Avocado Salad

Ingredients

- 1 ripe avocado, diced
- 1 large bell pepper, diced
- ½ cup cherry tomatoes, halved
- 2 green onions, slived

- 2 tablespoons minced parsley or cilantro
- Juice of one lemon
- Salt & pepper to taste

Directions

- 1) Combine all ingredients in a bowl, stir to combine. Enjoy immediately.
- 2) Garnish with fresh mozzarella balls or feta cheese (optional)!