

Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

Time required

Quick - 15 minutes or less

Moderate - 30 minutes or less

Extra ingredients

Few - primarily MoGro Weekly Share items

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

Skill level: Intermediate

Time required: Moderate

Extra ingredients: Several



CHICKEN WITH SWEET PEPPERS AND ZUCCHINI

Ingredients

1 ½ lbs thin sliced chicken cutlets
1 teaspoon olive oil
8-10 small sweet peppers, sliced into rounds
1 zucchini halved longways, then sliced into half moons

1 teaspoon dried oregano
¼ balsamic vinegar
½ cup crumbled feta

Directions

- 1) Heat oil in large skillet over medium heat. Place chicken on a plate and pat dry with paper towel (this helps to sear the chicken and hold in all of the juices). Sprinkle both sides of the chicken with salt & pepper.
- 2) Place chicken on skillet. Cook one side for 4-5 minutes. Carefully flip over chicken and let cook 3-4 minutes longer. At this time add your sliced zucchini, peppers, and oregano to pan.
- 3) Toss vegetables then add ¼ cup balsamic vinegar over chicken. Let simmer on low for a few minutes until veggies are cooked through. Top each chicken cutlet with feta & serve with veggies.

Skill level: Easy

Time required: Quick

Extra ingredients: Few



Quick Japanese Pickles

Ingredients

3-5 mini cucumbers
2 teaspoons salt
¼ cup rice vinegar
2 tablespoons sugar
Pinch of salt
2 tablespoons sesame seeds

Directions

- 1) Toss together cucumber slices and salt in a small bowl, let stand for 5 minutes. Drain & rinse.
- 2) Toss together cucumbers, scallions, vinegar, sugar, soy sauce, and sesame seeds in a medium bowl. Serve as a side with meat, stir fry, or just enjoy as a tangy snack!