

### 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:** Easy

**Time required:** Moderate

**Extra ingredients:** Several



## Chicken Arugula & Warm Chickpeas

### Ingredients

6 tablespoons olive oil, divided. More for drizzling.  
1 15 oz. can chickpeas, drained and rinsed  
4 sprigs thyme  
¼ teaspoon crushed red pepper  
8 small skin-on, bone-in chicken thighs (~ 2 ½ lbs)  
Salt & pepper  
3 cups arugula  
1 tablespoon lemon zest  
2 tablespoons fresh lemon juice

### Directions

- 1) Heat oil in a medium-sized skillet over medium-high heat; cook chickpeas, thyme, and red pepper flakes. Stir occasionally, until warmed through, about 5 minutes. Transfer to bowl.
- 2) Prepare grill for medium heat (or oven at 375 F). Brush chicken with 4 tablespoons oil, season with salt & pepper. Grill chicken, skin side down, until golden brown and lightly charred, about 10 minutes. Turn and grill until cooked through, about 4 additional minutes.
- 3) Toss arugula, lemon zest and olive oil. Serve chicken on top of arugula, sprinkle herbed chickpeas on top.

**Skill level:** Easy

**Time required:** Quick

**Extra ingredients:** Few



## Butter Lettuce Salad with Apples

### Ingredients

1 head of butter leaf lettuce	½ cup olive oil
1 medium gala apple	2 tablespoons balsamic vinegar
¼ cup thinly sliced red onion	1 tablespoon mustard
¾ cup walnuts, pecans, or almonds, toasted	2 tablespoons honey
½ cup crumbled feta cheese	Salt & pepper

### Directions

- 1) Combine chopped lettuce, apples, red onion, and nuts. Drizzle with vinaigrette and toss to combine. Sprinkle with feta and serve.
- 2) Vinaigrette: Combine all ingredients in right column in a small bowl. Whisk until smooth. Season with salt & pepper to taste.