



## Mykonos Island Dip

16 oz Greek Yogurt  
8 oz Light Cream Cheese, room temp  
8 oz Crumbled Feta Cheese  
3 Garlic Cloves, grated  
Sea Salt and Freshly Ground Black Pepper to taste  
1 English Cucumber, peeled and diced  
5 Plum or Campari Tomatoes, chopped  
5 Green Onions, chopped  
1 Cup Kalamata Olives, chopped  
Handmade Pita Chips

### Step One

In bowl, stir together yogurt, cream cheese, feta, garlic, salt and pepper to taste. Mix until smooth.

**Step Two** To serve, scatter cucumber, tomatoes, green onion and olives on top. Season with pepper to taste.

### Handmade Pita Chips

6 Whole Wheat Pita Pockets  
Olive Oil Spray  
Sea Salt and Fresh Ground Black Pepper to taste

Preheat oven to 400F. Cut pockets in  $\frac{1}{4}$ , open each then tear in  $\frac{1}{2}$  resulting in 8 chips per pocket. Spray with oil; season with salt and pepper. Place in single layer on sheet pan and cook for about 10 minutes, turning over halfway through if necessary.

*You can keep pita chips in an airtight bag or container for about three days. If they begin to get soft, just pop them back in a preheated 400F oven for about 2 – 3 minutes to crisp up.*



SESAME TAHINI HONEY SPREAD

## Sesame Tahini Honey Spread – *Tahinomelo*

tah-hee-NO-meh-loh

- 1 Cup Honey
- 1 Cup Tahini, (Sesame Seed Paste)
- Sliced Bananas, optional
- Rustic Bread, Pound Cake or Brioche
- Sesame Seeds

Stir the honey and tahini together, and serve topping rustic bread, pound cake and/or bananas. Garnish with sesame seeds.

You can keep this yummy dip in the fridge for a week, dip carrots and celery in it, use it instead of peanut butter for a sandwich, or dip fresh fruit like apples, pears or strawberries in it!



GREEK SALAD

## Greek Salad – Broccoli Style!

### Salad

- 1 Large Bunch Broccoli, sliced into small bite-sized pieces
- ½ Cup Thinly Sliced Sundried Tomatoes
- ¼ Cup Chopped Shallot
- ½ Cup Kalamata Olives
- ½ Cup Crumbled Feta Cheese
- ½ Cup Coarsely Chopped Pistachios

### Dressing

- ¼ Cup Extra Virgin Olive Oil
- 2 TB Red Wine Vinegar
- 1 Tsp Honey
- 1 Garlic Clove, grated
- ½ Tsp Dried Oregon
- 1 Tsp Dijon Mustard
- Sea Salt and Freshly Ground Pepper to Taste

Toss the salad ingredients together in a bowl. Add the dressing ingredients to a small jar and shake well. Season to taste with salt and pepper and drizzle over the salad, adding just enough dressing to coat it well.

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## Greek Lemon Chicken

1 TB Olive Oil  
4 Boneless, Skinless Chicken Breasts  
Sea Salt and Black Pepper  
1 Cup Chopped Yellow Onion  
4 Garlic Cloves, Grated  
½ Cup Dry White Wine, (a Greek White would be ideal)  
½ Cup Fresh Lemon Juice  
2 TB Dried Oregano  
1 Cup Feta Cheese, Crumbled  
1/2 Cup Chopped Green Onions  
Chopped Fresh Oregano

**Step One** Heat the oil in a large skillet. Over medium high heat, season the chicken breasts with salt and pepper and sauté until browned, or about 10 minutes. Remove and set aside. Sauté the onions until translucent and soft, about 5 minutes. Add the garlic and sauté for 1 minute.

**Step Two** Turn the oven to 350F. Nestle the chicken breasts in back into the skillet and add the wine, lemon juice, dried oregano, feta and green onions over the chicken. Sprinkle well with sea salt and black pepper.

**Step Three** Bake for 45 minutes or until the chicken is done. Remove, garnish with fresh oregano and lemon wedges. Serve right from the skillet with a loaf of crusty bread.