

processor. Pulse a few times to combine.

With food processor or blender running gradually add 1/8 - 1/4 cup of liquid from chickpeas until you've reached the desired consistency. Err on the side of less because you can always add touch more if it's too stiff, but you don't want the hummus too runny!

Blend for 2 - 3 minutes until thoroughly mixed and smooth. If you like it really smooth, blend longer, if you like it a little more rustic, not as long,

Place in serving bowl, and create a shallow well in the center of the hummus. Add a small amount of olive oil and/or hot sauce in the well. Garnish with a sprinkle of paprika.

Serve with pita bread toasted under the broiler (sprinkle pitas with olive oil, garlic powder and salt before broiling), or cover and refrigerate.

Hummus can be refrigerated for up to 3 days, and can be frozen for a couple of weeks. IF you freeze it, just defrost in the fridge overnight before serving. No one will ever know it was in the freezer!

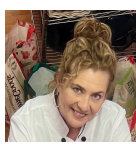
*If you like roasted red pepper hummus, roast yourself a red bell pepper (or buy them in the jar) and add to the rest of the ingredients. This does add a bit of liquid, so you may need less aquafaba (chick pea juice).



Place the salted cucumber into a sieve and press down with a spatula to remove excess liquid. Remove as much liquid as possible.

Mix the grated cucumber with Greek yogurt, 2 tablespoons of mint, the minced garlic cloves, 1 tablespoon of olive oil, lemon juice, salt and pepper.

Serve the falafel with the tzatziki.
Enjoy!



Recipe

Greek Lemon Garlic Chicken Salad with tzatziki

Category

Lunch

Description

A salad in a meal packed with ALL the flavors! Lemony grilled chicken served over greens in a greek style dressing with with flatbreads on the side!



Servings

8 pretty spot on

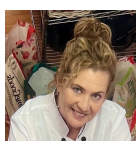
Ingredients

4.00	Lg	Chicken Breasts	Marinate the night before, then sous vide and
4.00	T	Oregano	for the marinade
		Salt	for the marinade
		Pepper	for the marinade
0.50	C	Olive Oil	for the marinade
0.50	C	Lemon Juice	for the marinade
2.00	T	Red Wine Vinegar	for the marinade
4.00	t	Garlic	for the marinade
		Pine Nuts	to top the salad
2.00		Cucumbers	for the salad
2.00	head	Romaine	for the salad
		Spinach	for the salad
		Cherry Tomatoes	for the salad
		Orange Pepper	for the salad
		Red Pepper	for the salad
		Yellow Pepper	for the salad
		Red Onion	for the salad
		Feta	for the salad
		Kalamata Olives	for the salad
		Grape Leaves	for the salad
		78 Longmeadow Greek	for the salad
		Tzatziki (Recipe 1116)	
		Flatbreads Recipe 1396	Start these and make tazatiki while they rest (if

Instructions

First, make the 78 Longmeadow Greek Dressing (Recipe #43)
Marinate the chicken at least 4 hours or up to overnight ideally. (It can hang out in the marinade a couple of days with no problem.)

If serving with hummus (recipe 65), make the hummus ahead. You can do this well ahead



and freeze or do a couple of days ahead and refrigerate. It freezes perfectly, just defrost overnight in fridge.

Make the tzatziki (recipe 1116). You can do this the day before.

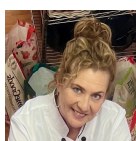
Toast the pine nuts and set aside. You can do this the day before, too.

Sous vide the chicken (if you don't have a sous vide, just grill it from start to finish, but make the flatbreads before putting chicken on grill.)

Do the flatbread recipe #1396. Each FB needs about 3 mins to cook, so this takes a little bit of time.

Put the chicken on the grill and while it is grilling, put the salad together on the serving plate. For this one, I just serve the dressing on the side so no worries about the greens wilting. You can use any greens and veggies you like for the salad, but the more colorful the better! Olives and Feta are important as this is a Greek style salad. Some stuffed grape leaves also really compliment this dish and are great for vegetarians!

When chicken is off the grill, allow it to rest about 5 mins, then slice, add to the top of the salad and serve with the tzatziki, hummus, flatbreads and salad dressing!



dough = soft, moist flatbreads).□

- Turn dough out onto a lightly floured work surface. Sprinkle the top of the dough with a little extra flour if too sticky. Knead to form a smooth, soft and semi-sticky ball, about 2-3 minutes. □
- Return dough to lightly oiled bowl, rotating the dough in the oil to evenly coat. Cover with plastic wrap. Set aside to rest for 30 minutes.□
- Knead dough a few more times until smooth. (You shouldn't need any extra flour at this point to knead, as the oil from the dough will help you).□
- Divide dough into 6 equal balls for larger flatbreads, or 8 balls for smaller ones. Working one piece at a time, flatten one ball out with the palms of your hands. Use a rolling pin to roll it to about 1/8-inch thick.□
- Lightly grease a nonstick pan with a drizzle of oil, over medium heat. Cook one flatbread for 2 minutes on one side (it will bubble up). Flip and cook until golden spots appear. □
- While one piece is cooking, roll the next piece out and repeat steps above (working one flatbread at a time avoids them from drying out). Keep flatbreads warm in a low oven if possible.

NOTE: I have made these with Bob's Red Mill GF flour and they were great!□