

Longmeadow Greek Salad Dressing

Category Sauces/Salad Dressing

Description

Servings

1

Cup Dressing

Ingredients	6			
0.50	С	Olive Oil		
0.50	С	Red Wine Vinegar		
2.00	t	Italian Seasoning		
4.00	t	Sugar		
2.00	t	Garlic	pressed (don't use powder here)	

Instructions

Mix all ingredients, let sit as long as poss, dress salad.



Hummus with Pita Points

Category

Cocktail Hour Snack

Description

Chick Peas, tahini, lemon and garlic blended together til creamy and served with hot-out-ofthe-oven pita triangles



8



Ingredients

1.00	Can	Garbanzo Beans	16 oz can, save a few whole beans for garnish
6.00	Т	Lemon Juice	Use 4 - 6 T
3.00	Т	Tahini	Critical
1.00	Clove	Garlic	Crushed
1.50	t	Salt	to taste
1.00	Т	Olive Oil	also extra for garnish
2.00	Т	Liquid from Garbanzo	Add only as much as needed
1.00	Pkg	Pitas	for serving (or Pita Chips, Crackers, Veggies)
1.00	Т	Olive Oil	for garnish
		Smoked Paprika	Sprinkle for garnish
		Pita Points	for serving
		Celery	cut into sticks, for serving
		Carrots	peeled and cut into sticks, for serving
		Rice Crackers	if Gluten Free
		Red Bell Pepper	Optional - for roasted pepper hummus*
Instructio	ne		
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Instructions

Drain chickpeas (aka Garbanzo Beans), reserving liquid from can.

Remove the little membrane from the chick peas and discard the membranes.

Combine shelled chick peas, lemon, tahini, garlic, salt and olive oil in blender or food



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).



Tzatziki

Category _____ Sauces/Salad Dressing

Description

Servings

8

See if some is left, make dip for chips

Ingredients				
1.50	С	Greek Yogurt	or Sour Cream	
1.00		Cucumber	grated, not incl seeds	
1.00	t	Salt	not sure the amt	
2.00	Т	Mint	FRESH	
2.00	cloves	Garlic	add more if you like it garlicky	
1.00	Т	Olive Oil		
1.00	Т	Lemon Juice		

Instructions

Peel cucumbers and grate using box grater. I used regular cukes and grated the outside area. Do not grate the seeded area because it contains too much water.

Then salt the cucumbers and let them sit for 5 - 10 minutes.



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!



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	Т	Oregano	for the marinade
		Salt	for the marinade
		Pepper	for the marinade
0.50	С	Olive Oil	for the marinade
0.50	С	Lemon Juice	for the marinade
2.00	Т	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 coloful 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 teh top of the salad and serve with the tzatziki, hummus, flatbreads and salad dressing!



Garlic Flatbreads (go with greek lemon chicken salad)

Category Bread

Description

Servings

10

Serving size is pretty good

	Ingredients
1	

3.00	С	Flour	
1.00	t	Baking Powder	
1.50	t	Salt	
1.00	t	Garlic Powder	
0.75	С	Greek Yogurt	
0.25	С	Olive Oil	for coating the dough and for the pan
0.50	С	Milk	
0.25	С	Milk	add if needed (some of it will prob be needed)
Instruction			

Instructions

INSTRUCTIONS

• Whisk flour, baking powder, salt and garlic powder together in a bowl. Make a well in the center. Add yogurt, oil and the first portion of milk indicated in the recipe. Mix with a spoon. Gradually mix in the remaining milk if mixture is too dry or crumbly. Bring the dough together with your hands. The dough should be workable BUT sticky to the touch (sticky



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!