

### Mediterranean Herb & Spice Grilled Chicken

- A. Cut Whole Chicken into 8 pieces
- B. Grill chicken pieces with:

#### Mediterranean Herb & Spice Blend

use on fish, chicken, pork, beef and in any recipe to add some spice

Ingredients	Amount
Basil, leaf	1 Tablespoon
Oregano, leaf	1 Tablespoon
Thyme, leaf	1 Tablespoon
Parsley, leaf	1 Tablespoon
Garlic powder	1 Tablespoon
Salt	1 Tablespoon
Pepper, black	1 Tablespoon

#### Method:

- Mix all ingredients together and store in an airtight container until ready to use.
- Rub each piece of chicken with about  $\frac{1}{2}$  teaspoon or to taste of Mediterranean Blend.
- Grill until done (meat reaches internal temperature of 165 degrees)

- C. Grill chicken pieces with:

#### Cajun Spices

use on fish, chicken, pork, beef and in any recipe to add some spice

Ingredients	Amount
Pepper, black	1 Tablespoon
Pepper, white	1 Tablespoon
Pepper, cayenne	1 Tablespoon
Paprika	1 Tablespoon
Salt	1 Tablespoon
Garlic powder	1 Tablespoon
Italian herbs	1 Tablespoon

#### Method:

- Mix all ingredients together and store in an airtight container until ready to use
- Rub each piece of chicken with  $\frac{1}{2}$  teaspoon or to taste
- Grill until done (meat reaches an internal temperature of 165 degrees)

**D. Grilled chicken pieces with:**

**Garlic and Fresh Herbs**

<b>Ingredients</b>	<b>Amount</b>
Garlic, sliced	1 - 2 cloves per piece of chicken
Herbs, fresh your choice	2 sprigs per piece of chicken
Salt	To taste
Pepper, black	To taste

**Method:**

- Place garlic slices and fresh herbs under the skin of each piece of chicken
- Salt and pepper chicken
- Grill until chicken is done (meat reaches an internal temperature of 165 degrees)

**E. Serve with Sautéed Onions, Mushrooms and Spinach:**

These ingredients are best if you buy from a local farmer

<b>Ingredients</b>	<b>Amount</b>
Spinach, fresh leaves picked	1 lbs
Mushrooms, sliced	1 lbs
Onion, sliced	1 small
Oil, canola	2 Tbls or enough to cover pan bottom
Salt	To taste
Pepper, black	To taste

**Method:**

- Rinse spinach and wipe off mushrooms before slicing.
- Put oil in a soup pot, when oil is heated add mushrooms and onions
- Sauté until onions are soft and add the spinach
- Add salt and pepper, stir spinach and cook until wilted, about 5 minutes
- Serve