

Chicken with Moroccan Chermoula Rub

INGREDIENTS:

¾ t ground coriander
¾ t ground cumin
1 t paprika
¼ t red pepper flakes
2 garlic cloves, finely chopped
¾ t salt
¾ cup extra virgin olive oil
¼ lemon juice
¼ t lemon zest
½ cup (packed) mint
1 cup (packed) parsley
4-6 chicken cutlets
2 T olive oil

DIRECTIONS:

Heat olive oil in a skillet and add spices and garlic.

Toast until garlic is cooked. Add to a blender or food processor and blend while adding extra virgin olive oil. Add salt, mint and parsley. Pulse until consistency is chunky remove and stir in lemon juice and zest. Heat olive oil in skillet.

Brown the first side of the chicken, then turn over. Add 1 T of the chermoula sauce and cover until cooked through. Remaining sauce may be spooned over or saved in refrigerator for up to 3 days. Serve over bulgur pilaf, couscous or rice.

Eetch (Armenian Pilaf)

INGREDIENTS:

1 cup coarse grind bulgur

2 T olive oil

1 cup hot water

1 T olive oil

1 medium yellow onion, finely chopped

3 oz. tomato sauce

½ t ground cumin

½ t Hungarian paprika

½ t black pepper

½ t red pepper flakes

2 T fresh mint, chopped

1 lemon, zest and juice

1 cup fresh parsley, finely chopped

½ cup red or green bell pepper, chopped into small chunks

1 can chickpeas (optional)

Salt to taste

DIRECTIONS:

In a large skillet, heat olive oil, then toast bulgur until it has a nutty smell and is brown. Remove from skillet into hot water; cover. In same skillet, heat olive oil and add chopped onion. Cook until translucent. Add dry spices and toast slightly to develop flavor. Add tomato sauce and drained bulgur wheat. Cover to let bulgur absorb liquids and expand in size. Add garbanzo beans, diced pepper, fresh mint and parsley. Add lemon juice and zest before serving.