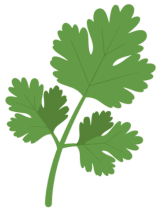


The Fresh Veggie Series

Vine & Fig Educational Outreach Program



This Week's Produce Items:

Parsley, kale, turnips, salad mix, spinach, head lettuce, cucumber, garlic scapes

Recipe of the week:

Greek Yogurt Sauce with Parsley **Pan Fried Chicken Marinara with Parsley**

Greek Yogurt Sauce with Parsley

Ingredients

- Make more or less, according to your needs, and add more or less of each ingredient as you prefer.
- Greek yogurt (about a cup)
- Vinegar (about a tablespoon)
- Mayo (about a tablespoon)
- Honey (about a tablespoon)
- A bunch of chopped parsley

Directions

1. Mix all the ingredients really well.
2. Use it as a salad dressing or to add some flavor on top of a nice bowl of rice, vegetables, potatoes, it's your choice!

Pan Fried Chicken Marinara with Parsley

Ingredients

- Chicken (as much as you like)
- Parsely (a handful)
- Onions (one or half)
- Salt, Italian seasoning, pepper, garlic power (to taste)
- Olive oil (a few tablespoons to coat the pan)
- Bottled tomato sauce (as much as you like)
- Cooked pasta (as much as you prefer)

Directions

1. Brown the chicken in a pan with olive oil.
2. Add the onions to the pan; cook until the chicken is well done.
3. Add chopped parsley
4. Season with salt, pepper, garlic powder, and Italian seasoning.
5. Add the tomato sauce to the chicken until it's mixed well and hot.
6. Add to the cooked pasta. Enjoy!



vinefigeducation.org/recipes



Radical Roots
COMMUNITY FARM