

**Summer Garden Menu 8/6/2011**  
University Hills Community Center  
*Cooking Demonstration by Melissa Jones*

**Lemon Chicken**

4 boneless, skinless chicken breasts

Cooking spray

Marinade:

¼ cup fresh lemon juice

1 tsp hot pepper flakes (optional)

½ tsp cracked black pepper

1 tsp coarse salt

4 strips of lemon zest

3 garlic cloves, crushed

¼ cup coarsely chopped fresh herbs (I suggest basil, rosemary, thyme, sage and oregano)

½ cup extra virgin olive oil

For Marinade: Whisk salt into lemon juice until dissolved. Add remaining ingredients through chopped herbs. Slowly whisk in olive oil. Place 4 chicken breasts into plastic, sealable bags and pour marinade over chicken breasts, reserving 2 tablespoons for basting. Seal in bag and marinate for at least 2 hours.

To cook chicken: Preheat grill to high heat. Remove chicken from sealed bag and pat dry. Place chicken on preheated grill for one minute, then flip chicken to grill the other side for one minute. Baste the chicken breast with reserved marinade. Lower grill heat to medium and grill with lid closed for 4 minutes. Open grill lid and flip chicken, baste and cook for another 4 minutes. Cooking time will vary with the size of the chicken breast. Use a fork and knife to cut into the center of the largest breast to check for doneness. Once all the pink is gone, but juices are still running, remove the chicken onto a plate, cover with foil and rest for two minutes.

**Grilled Stuffed Zucchini**

4 medium zucchini

5 tsp olive oil, divided

1/4 c finely chopped red onion or shallot

1-2 tsp minced garlic

1/3 cup plain bread crumbs

1/2 cup Fontina cheese

1 tbsp minced fresh basil

1/2 tsp salt

1/4 c grated Parmesan cheese

Lemon wedges

Cut zucchini in half lengthwise; scoop out pulp, leaving 1/4 inch shells. Brush with 2 tsp oil; set aside. Chop pulp. In a large skillet, sauté pulp and onion in remaining oil. Add garlic; cook 1 minute longer. Add crumbs; cook and stir for 2 minutes or until golden brown.

Remove from heat. Stir in cheese, basil and salt. Spoon into zucchini halves. Sprinkle with Parmesan cheese. Grill, covered, over medium heat for 8-10 minutes or until zucchini is tender. Serve with lemon wedges. Serves 4

## **Cucumber Salad**

2 ½ cups diced cucumber

½ red onion

3 small tomatoes, diced

¾ cup fresh basil, chopped

### **For the Dressing:**

1 Tbsp. spicy brown mustard

1 ½ tsp. honey or agave nectar

½ tsp. salt

½ tsp. oregano

1/3 cup red wine vinegar

1/3 cup apple cider vinegar

¼ cup of olive oil

Toss cucumber, onions and tomatoes in a bowl. In a separate bowl mix mustard through cider vinegar, then whisk in olive oil. Stir dressing mixture into cucumber mixture to coat. Let sit until ready to serve, then stir in goat cheese crumbles and basil. Toast pita bread and serve.