

# Easy Mediterranean Salad

## Ingredients

1 cup	Couscous
1 cup	Chicken Stock
1 ea	Yellow Bell Pepper, small diced
1 ea	Green Bell Pepper, small diced
1 ea	Tomato, small diced
½	Red Onion, small diced
½ cup	Italian Dressing
S&P	To Taste
Juice from ½ of a Lemon	
1 can	Artichoke Hearts (14 oz), cut in half

## Directions

Bring Chicken Stock to a simmer. Add Couscous and reduce heat to very low. Cooking until tender, then place in the refrigerator to cool. Cut Peppers, Tomato, and Onion and place in a mixing bowl. Add cold couscous and dressing. Add salt, pepper, and lemon juice. Mix well. Chill salad. Serve with artichoke hearts as a garnish.

# Easy Steamed Carrots

Yield; 4 servings

## Ingredients

8 Med            Carrots, cut or sliced  
1 TB             EVOO  
¼ tsp            Kosher Salt  
1 TB             Fresh or Dry Herbs & Spices  
Juice from ½ Lemon

## Directions

1. Peel and slice the carrots into 1/4-inch slices on the bias or cut obliques
2. Place about 2 inch of water in a pot or saucepan. If using a steamer basket without a handle, add it to the pot now: the water surface should be right under the basket. Bring the water to a boil
3. Once boiling, add the carrots (in the steamer basket, if it has a handle). Steam with the lid on until just tender, about 4 to 5 minutes. Taste test with a fork to assess doneness.
4. Carefully remove the vegetables to a bowl. Toss with the olive oil, kosher salt, and fresh or dry herbs. Spritz with the juice from ½ a lemon (if using)

# Chef Jon's Custom Spice Blend

## Ingredients

2 TB	Parsley
1 TB	Basil
1 TB	Thyme
1 TB	Garlic Powder
1 TB	Onion Powder
1 TB	Oregano
1 TB	Dill
1 TB	Accent
2 TB	Salt

## Directions

Combine all ingredients into a mixing bowl. Whisk together and use when needed