

Mediterranean Chicken with Roasted Vegetables and Cauliflower Rice

Renee Brown's Recipe



CHICKEN

1. Preheat your oven to 375°.
2. Sprinkle the Mad Mojo spice blend from Rehoboth Spice & Tea Exchange on both chicken breasts, then gently rub the spices in. (Other Italian spice blends will suffice, but local ingredients always taste the best.)
3. Place both breasts on separate sheets of parchment paper, then drizzle with olive oil. Wrap each chicken breast and place in a baking tray or pan.
4. Bake chicken for 20 minutes at 375°, then set aside and let the chicken cool for around ten minutes.
 - a. Use a meat thermometer to check the temperature of your baked chicken. Pierce the center of each chicken breast; it should be around 160° or 165°. If you don't have a meat thermometer, slice the chicken and ensure that no pink remains in the center.
 - b. Once cooked to perfection, remove your chicken and let sit for ten minutes to cool. Don't cut it or remove from the parchment paper right away, or it may become dry - let the spices and juices seep in for the best flavor.
5. Wash any hands and tools that have touched raw chicken before preparing your vegetables.

ROASTED VEGETABLES

1. Rinse and clean your vegetables: red onions, zucchini, peppers, tomatoes, and any other vegetables that you enjoy. Prepare 2 teaspoons of garlic powder/salt and 2 tablespoons of olive oil, then set aside. Also, prepare a cooking sheet or baking pan with parchment paper, or coat it with olive oil.

2. Cut the top and bottom ends off of each onion, then discard them. Cut each onion in half vertically and remove the skin, then chop. The onion should not be too finely cut; inch-by-inch squares will work just fine. Put these in a large bowl.
3. Cut the tops off of each pepper, then carefully scoop out the center with a knife or spoon to remove the seeds; discard these. Cut in half vertically, then chop your peppers similarly to the onions: inch-wide strips, then cut again into squares. Place these in the bowl with the chopped onions.
4. Cut the crowns off of your squash or zucchini, then chop into similarly-sized pieces. Put your cut squash into the bowl with your other vegetables.
5. Cut your cherry tomatoes in half and add to the vegetable medley.
6. Remove the parsley stems, then chop your parsley with a knife or shears and add it to the bowl.
7. Add the olive oil and garlic salt to your vegetables, then stir them with a large spoon or silicone kitchen utensil.
8. Once vegetables are mixed, place them on the cooking sheet. Bake for 15 minutes or until they begin to brown, soften, and smell delicious. Turn off your oven once the vegetables and chicken are complete.

CAULIFLOWER RICE

You may use a bag of frozen cauliflower rice; simply follow the instructions as listed.

Or, if you would like to prepare your own cauliflower rice:

1. Rinse and prepare your food processor. Gather salt, pepper, 3 cloves of garlic, and a lemon (which is optional). Pour and set aside 2 tablespoons of olive oil.
2. Begin with a whole cauliflower head; cut around the base to separate your florets from the stem and leaves. Cut into smaller sections that will fit into your food processor, then fill it with the cauliflower.
3. Secure the lid of your food processor and let it chop the cauliflower finely, until it resembles small grains of rice. Remove the lid, stir with a spoon, replace the lid, then chop again to ensure even cutting. Pour into a bowl and remove any large pieces.
4. Heat a pan on the stovetop (medium-high heat, around 7/10 or 8/10). Pour in your olive oil. While it heats, prepare your garlic with a garlic press, or mince with a knife. Cut and prepare your lemon to be juiced.
5. Add the minced garlic to the oil in your pan, then let simmer for one minute. Stir with a spatula to prevent it from burning.
6. Add the cauliflower rice. Stir with the garlic and oil for one or two minutes, then lower the heat and cook for five minutes.
 1. Overcooked cauliflower rice will become mushy, so check it often and remove it from high heat to maintain the right texture.
7. Remove from heat and add salt and pepper to taste. Add lemon juice as desired for a citrus zing.

Place your chicken, roasted vegetables, and cauliflower rice on a dish, then add herbs as desired and serve!