



# Grilled Rosemary Chicken with Beet Greens and Roasted Beets

Makes 4 servings ~ \$12.41 (\$3.10 per serving)

## Chicken

4 chicken pieces, such as thighs or legs

## Marinade

4 oz. of coarse ground Dijon mustard

2 tsp. red pepper flakes

Juice and zest of 2 lemons

2 tbsp. rosemary, finely chopped

3 garlic cloves, finely chopped

¼ c. olive oil

Combine all ingredients. Add chicken, turn over to coat evenly. Marinate for 2 to 4 hours. Do not marinate overnight as chicken will become cooked by lemon juice.

Grill or pan fry until chicken meat is white near the bone.

## Roasted Beets

3 large beets, red or golden

salt and pepper

2 tbsp. olive oil

Preheat oven to 400°. Wash, peel and quarter beets. Toss in olive oil and sprinkle with salt and pepper. Place in baking dish and roast until tender, 45 minutes to 1 hour.

## Beet Greens

Beet greens from beets

2 tbsp. olive oil

4 cloves garlic

Braggs liquid aminos, to taste

Black pepper to taste

1 to 2 tbsp. balsamic vinegar

Wash greens, cut off stems, chop greens and some stems. Chop garlic and add to olive oil that has been heated in a large skillet. Sauté until fragrant, add greens, Braggs and pepper. Sauté until greens are slightly soft then add balsamic vinegar and continue to sauté, stirring well for a couple more minutes.

*Courtesy of Tanya Story, Chef at SFCC, Culinary Arts Department*

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