



Caprese Skewers

Total Yield: 8 - 12 Servings

Ingredients

- 48 cherry tomatoes
- 24 mini mozzarella balls
- 48 basil leaves
- Extra-virgin olive oil, for drizzling
- Balsamic reduction, for drizzling
- Sea salt and freshly ground black pepper, to taste

Directions

1. Thread the tomatoes, mozzarella, and basil onto mini skewers.
2. Drizzle with olive oil and balsamic reduction and sprinkle with salt and pepper.

Greek Sheet Pan Chicken

Total Yield: 8 - 12 Servings

Ingredients

LADOLEMONO (GREEK SALAD DRESSING):

- ½ cup fresh lemon juice (juice of about 4 large lemons)
- 2 to 4 tsp dried oregano
- 2 large garlic cloves, minced
- 1 ½ tsp kosher salt
- 1 ½ tsp black pepper
- 1 ½ cups extra virgin olive oil

FOR THE CHICKEN AND VEGGIES:

- 2 large red onions, halved and sliced into ½-inch pieces
- 2 medium zucchinis, halved and sliced into ½-inch pieces (half moons)
- 2 large orange bell peppers, cored and sliced into ½-inch-thick slices
- 2 large tomatoes, cut into 8 wedges each
- Kosher salt, to taste
- Ground black pepper, to taste
- 12 to 16 boneless skinless chicken thighs
- ½ cup pitted Kalamata olives
- ½ cup pitted Castelvetrano olives
- 8 ounces feta cheese, cut into chunks
- ½ cup chopped Italian parsley, for garnish

Directions

1. Preheat oven to 425°F.
2. In a medium mixing bowl, add the lemon juice, oregano, garlic, salt, and pepper and whisk vigorously to combine. While whisking, drizzle in the olive oil and continue whisking until emulsified.
3. On a large sheet pan, spread the onions, zucchinis, bell pepper, and tomatoes. Season well with salt and pepper, then pour about ¼ cup of the sauce all over the veggies. Toss to coat, then spread the vegetables out so they are all touching the surface of the pan.
4. Season the chicken on both sides with salt and pepper. Nestle the chicken, olives, and chunks of feta in between the vegetables and drizzle with the remaining ladolemono sauce, making sure the chicken especially is covered with the sauce.
5. Bake on the center rack of your heated oven until the chicken is cooked through, about 35 minutes. For more color, transfer the chicken to the top rack about 6 inches away from the broiler. Broil for a couple of minutes, watching closely to make sure the chicken and vegetables gain some colour but do not burn.
6. Remove from the oven and spoon the pan juice all over the chicken. Garnish with the parsley and serve.



Peanut Butter and Banana Energy Bites

Total Yield: 24 Servings

Ingredients

- 2 ½ cups oats (quick or old fashioned, uncooked)
- 2 tbsp honey
- ¼ cup creamy or chunky peanut butter
- 1 cup ripe mashed banana (about 2 large bananas)
- 1 tsp ground cinnamon

Directions

1. Place oats and cinnamon in large bowl; stir to blend well.
2. Add mashed banana, peanut butter and honey.
3. Stir until ingredients are well blended.
4. Shape into 24 (about 1-inch diameter) balls.
5. Refrigerate, covered, until chilled.



June 29, 2026

Grocery List

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| ☐ 48 cherry tomatoes | ☐ 8 oz (225 g) feta cheese |
| ☐ 2 large tomatoes | ☐ ½ cup pitted Kalamata olives |
| ☐ 48 fresh basil leaves (about 2 bunches basil) | ☐ ½ cup pitted Castelvetrano olives |
| ☐ 4 large lemons | ☐ 2 ½ cups oats (quick or old-fashioned) |
| ☐ 2 large garlic cloves (1 head garlic is plenty) | ☐ 2 tbsp honey |
| ☐ 2 large red onions | ☐ ¼ cup peanut butter (creamy or chunky) |
| ☐ 2 medium zucchinis | ☐ 1 tsp ground cinnamon |
| ☐ 2 large orange bell peppers | ☐ 2 - 4 tsp dried oregano |
| ☐ 2 large bananas | ☐ Kosher salt |
| ☐ 1 bunch Italian parsley | ☐ Black pepper |
| ☐ 12–16 boneless, skinless chicken thighs | ☐ Extra-virgin olive oil (1¾ cups total needed) |
| ☐ 24 mini mozzarella balls (about 8 oz/ 225 g) | ☐ Balsamic reduction |