

Wild Rice Side Base

Serves 4

Chef Nate, Café 20

2 Cups cooked wild rice (follow package directions)

Juice of ½ a fresh lemon (2 T bottle lemon juice)

1 T of mince garlic

1 t. olive oil

Salt and pepper to taste

Add in options: diced tomatoes, onions, parsley, mushrooms, green onions, capers, black olives

1. Mix the lemon juice, olive oil, garlic and salt and pepper in a small bowl. Whisk to blend and then add the dressing to the rice.
2. Using this as your base, add diced tomatoes, onions, parsley mushrooms, green onions, capers, black olives or other savories to your taste. It can be served warm or room temperature.



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Chicken Ratatouille

Serves 4

Chef Nate, Café 20

2 cups Skinless chicken breast, cubed

1 Sliced zucchini

1 Onion sliced thin

1 Bell pepper sliced

1 Eggplant cubed 1"

1 cup sliced mushrooms

1-2 Garlic cloves minced

2 T Fresh Basil/2 T Fresh Parsley

1 (16 oz) Can diced tomatoes in juice

1. Heat oil in nonstick skillet. Add chicken and sauté about 3 minutes or until lightly browned.
2. Add zucchini eggplant, onion, bell pepper and mushrooms. Cook approximately 15 minutes. Stirring occasionally.
3. Add tomatoes, garlic, basil, parsley and salt and pepper; stir and continue cooking about 5 minutes, or until chicken is tender and internal temperature reaches 165F.



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