



*Beatrice Cooke*<sup>®</sup>  
Mealtime Adventures

Mealtime Adventures for

*My Greek  
Father's Recipes.*

Feta Pesto Chicken

*My Greek  
Father's Recipes.*

 **Beatrice**<sup>®</sup>

1 clove garlic

*Add in, sauté 3-4 minutes.*

8oz plum tomatoes in juice, crushed

1 Tbsp. pine nuts

1/2 tsp. black pepper

1/2 tsp. oregano

1/2 tsp. thyme

1/2 tsp. basil

1/2 parsley

*Add in, sauté 6-8 minutes.*

1 tsp. Romano cheese

1 tsp. Parmesan cheese

*Add in, leave it on the heat for 1-2 minutes longer.*

1 8oz boneless chicken breast

*Pound gently to make it thinner.*

2 Tbsp. My Greek Father's Recipes® Feta Pesto sauce

1 Tbsp. Feta cheese, crumbled

1 Tbsp. of Ricotta cheese

*Mix in a bowl. Place in middle of chicken and close it in.*

Flour

*Cover the chicken breast with flour.*

1 egg, beaten

*Roll breast in, coat with flour again.*

3 Tbsp. soybean oil

3 Tbsp. olive oil

*Sauté chicken until brown on both sides, about 4-5 minutes for each side.*

1/2 onion, chopped