



PAPER & FOOD SERVICE, INC.

Greek Chicken with Tomatoes, Peppers, Olives and Feta Cheese

Ingredients	Yield: 16 Servings	210 Calories per serving
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- 8 ea. Chicken breast halves, boneless, skinless, cut into 3/4 inch pieces
- 1/2 c. Flour
- 5 Tlb. Greek seasoning salt
- 2 tsp. Olive oil, extra virgin
- 1 1/2 # Onion, yellow, sliced
- 2 ea. Green bell pepper, sliced
- 6 ea. Roma tomatoes, cut into eights
- 6 Tlb. Kalamata olives, chopped
- 3 oz. Feta cheese, crumbled

Preparation Instructions:

1. Dredge chicken in flour mixed with 8 tsp. of Greek seasoning.
2. Heat oil in a large saute pan over medium heat. Add the chicken and saute for 3 to 4 minutes, turn and continue cooking until cooked through. Remove chicken from pan and set aside
3. Return saute pan to heat, add onion and continue cooking until tender. Add bell pepper and continue to cook for additional 2 minutes. Return chicken to pan and continue cooking for 2 additional minutes, sprinkle with remaining Greek seasoning and add in tomatoes and cook for additional 2 minutes..
4. Remove saute pan from heat and transfer to serving plate. Garnish with olives and Feta cheese. Serve immediately

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Chicken breast, bnls./skls	Silverbrook	070469	8 ea.	\$11.92
Flour, AP	Gold Medal	381254	1/2 c.	\$0.08
Greek seasoning salt	See Recipe	See Recipe	5 Tlb.	\$1.05
Olive oil, extra virgin	Trifoglio	370861	2 tsp.	\$0.08
Onion, yellow	Fresh	097502	1 1/2 #	\$0.91
Green bell pepper	Fresh	097551	2 ea.	\$1.45
Roma tomatoes	Fresh	097847	6 ea.	\$2.52
Kalamata olives	Trifoglio	273890	6 Tlb.	\$0.84
Feta cheese	Marmaris	019148	3 oz.	\$0.54

Recipe Cost	\$19.39
Portion Cost	\$1.21

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$5.95	\$1.21	\$4.74	20.34%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$6.95	\$1.21	\$5.74	17.41%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$7.96	\$1.21	\$6.75	15.20%

