**PRACTICAL LAB TEST**

**CHICKEN SOUVLAKI & QUINOA GREEK SALAD**

**\*\*\* THIS IS A TEST. THERE IS NO TALKING TO OTHER PARTNERS OR ASKING THE TEACHER QUESTIONS\*\*\***

**DAY 1 - PREPARE & MARINATE CHICKEN AND MAKE QUINOA**

**CHICKEN SOUVLAKI -** 1 RECIPE/2-3 PEOPLE

1-1 ½ chicken breast, cubed (½ piece per person)

15 mL olive oil

15 mL lemon juice

3 mL lemon rind

1 clove of garlic, minced

4 mL rosemary

1 mL black pepper

**Directions:**

1. Cut chicken into cubes of equal size (approximately ½") and thickness.
2. Prepare marinade by combining remaining ingredients into a small bowl and whisking thoroughly.
3. Pour marinade into a small ziplock bag. Add the chicken cubes to the bag.
4. Seal and mix around until well coated. Label ziplock with unit # and names. Refrigerate until day 2 of lab.

**QUINOA GREEK SALAD -** 1 RECIPE/2-3 PEOPLE

60 mL uncooked quinoa

125 mL water

Pinch of salt

**Directions:**

1. Add quinoa, water and salt to a medium pot over high heat and bring to a boil. When the water boils, reduce heat to low and cover; simmer covered for 15 minutes. Remove from heat and keep covered an additional 5 minutes without lifting the lid; then fluff with a fork and transfer to a bowl to cool.
2. Once quinoa is cooled, cover bowl with plastic wrap and label with unit # and names. Refrigerate until day 2 of lab.

**DAY 2 - COOK CHICKEN SOUVLAKI AND MAKE QUINOA GREEK SALAD**

**CHICKEN SOUVLAKI**

Marinated chicken from Day 1

2-3 skewers

**Directions:**

1. Place oven rack in top position. Preheat oven to broil.
2. Cover a baking sheet with aluminum foil.
3. Thread an equal number of chicken pieces onto each skewer.
4. Broil chicken, leaving the oven door slightly open, for about 3-5 minutes on each side.
5. Test for doneness: cut into the biggest piece to make sure there is no pink inside.
6. Serve with Greek salad.

**QUINOA GREEK SALAD**

Cooked quinoa from Day 1

1/2 tomato, cut into wedge pieces

1/6 piece English cucumber, cubed

1/4 green pepper, cut into strips (julienned)

1/8 red onion, cut into strips (julienned)

Black olives (optional)

1 piece of feta cheese, crumbled

1/2 lemon, squeezed

15 mL extra virgin olive oil

Salt and pepper to taste

**Directions:**

1. Prepare vegetables according to instructions above.
2. In a medium bowl, combine the quinoa, chopped vegetables and olives (optional). Squeeze the juice of the 1/2 lemon over it.
3. Drizzle the extra virgin olive oil over the quinoa mixture, then add the crumbled feta, salt and pepper to taste and toss well. Taste for salt and adjust as needed.
4. Serve with chicken souvlaki!