Recipes By Delaware

FULL MEAL RECIPE FEATURING
Mediterranean Chicken, Spinach & Feta Sausage Pita Sandwiches

SALAD
Greek Tomato-Cucumber Salad

Ingredients

- 2 cups diced tomatoes
- 1 cucumber, diced
- ½ red onion, thinly sliced
- ½ cup Kalamata olives
- ½ cup crumbled feta
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- Salt and black pepper

Preparation

Combine the tomatoes, cucumber, onion, olives, and feta. Whisk together the olive oil, lemon juice, oregano, salt, and pepper. Toss with the salad just before serving.

Presentation

Serve chilled in a shallow bowl and garnish with oregano and extra feta.

Entrée: Mediterranean Chicken, Spinach & Feta Sausage Pita Sandwiches

Ingredients

- 1½ pounds spinach and feta chicken sausages
- 4 large pita breads
- 2 tablespoons olive oil
- 1 red bell pepper, thinly sliced
- 1 small red onion, thinly sliced
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- ½ teaspoon smoked paprika
- ½ cup crumbled feta

- ½ cup Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill or parsley
- 1 cup shredded lettuce
- 1 tomato, sliced
- Salt and black pepper

Preparation

1. Cook the chicken sausages in a skillet over medium heat until browned and fully cooked, reaching **165°F** internally. Slice them diagonally.
2. In the same skillet, heat the olive oil. Sauté the bell pepper and onion for 4–5 minutes.
3. Add the garlic, oregano, smoked paprika, salt, and pepper. Cook for 30 seconds.
4. Mix the Greek yogurt, lemon juice, and dill or parsley to make a sauce.
5. Warm the pita breads briefly so they are soft and easy to fold.
6. Fill each pita with lettuce, tomato, sliced sausage, sautéed vegetables, and feta.
7. Drizzle with the yogurt sauce and fold or wrap securely.

Presentation

Arrange the pita sandwiches on a platter, cut diagonally, and garnish with lemon wedges, parsley, and a little crumbled feta.

Side Dish 1: Lemon-Oregano Roasted Potatoes

Ingredients

- 1½ pounds baby potatoes, halved
- 2 tablespoons olive oil
- Juice of 1 lemon
- 1 teaspoon dried oregano
- 2 garlic cloves, minced
- Salt and black pepper

Preparation

Toss the potatoes with the olive oil, lemon juice, oregano, garlic, salt, and pepper. Roast at **425°F** for 30–40 minutes, turning once, until golden and tender.

Presentation

Serve in a warm bowl with lemon wedges and a sprinkle of fresh herbs.

Side Dish 2: Tzatziki and Pita Crisps

Ingredients

- 1 cup Greek yogurt
- ½ cucumber, grated and squeezed dry
- 1 garlic clove, minced
- 1 tablespoon lemon juice
- 1 tablespoon chopped dill
- Salt and black pepper
- 2 pita breads, cut into wedges
- 1 tablespoon olive oil

Preparation

Combine the yogurt, cucumber, garlic, lemon juice, dill, salt, and pepper. Chill for 20 minutes. Brush the pita wedges with olive oil and toast at **375°F** for 6–8 minutes.

Presentation

Place the tzatziki in a serving bowl and arrange the warm pita crisps around it.

Dessert: Honeyed Greek Yogurt with Pistachios

Ingredients

- 2 cups Greek yogurt
- 2 tablespoons honey
- ½ cup fresh berries
- ¼ cup chopped pistachios
- ½ teaspoon lemon zest

Preparation

Spoon the yogurt into individual glasses. Add the berries, honey, pistachios, and lemon zest.

Presentation

Serve chilled with a light honey drizzle and a few pistachios on top.

Wine Pairing

Ethero Albariño White Wine

Its crisp acidity and citrus notes complement the feta, spinach, herbs, and lemon in the pita sandwiches. It also refreshes the palate alongside the savory chicken sausage and creamy tzatziki