

Mediterranean Chicken Stack

This is a dish with a mixture of Mediterranean flavors. It's also a very colorful dish...an authentic creamy base on the bottom, herbed flavored chicken, and a medley of grilled vegetables.

Ingredients

Marinade

4 breasts of chickens, pounded to about 1/2 inch thickness
1/2 cup fresh oregano, chopped
2 cloves of garlic, chopped
1/2 cup extra virgin olive oil
Juice of 1/2 of a lemon (about 1 teaspoon)
Fresh ground sea salt and black pepper

Baste

2 teaspoons fresh oregano, chopped
1/3 cup extra virgin olive oil
2 teaspoons white wine vinegar
Fresh ground sea salt and pepper to taste

Stack

8 slices of eggplant about 3/4 inch thick
4 tomato slices about 3/4 inch thick
1 cup spinach
1 cup labne (Kefir cheese)
1 teaspoon zaatar
2 teaspoons pine nuts
Extra virgin olive oil
4 flat dinner plates

Preparation

Generously sprinkle salt and pepper on both sides of each chicken breast. Mix all ingredients for the marinade in a medium bowl and sprinkle with salt and pepper. Add the chicken breasts and refrigerate for 1 hour or up to two days.

In a small bowl mix all the ingredients for the baste and set aside. Turn barbecue or cast iron grill to medium heat and place eggplants on the grill. Baste while grilling on both sides and turn often. Grill until tender about 7-8 minutes and set aside. Place the tomatoes on the grill and baste on both sides while grilling. Grill until slightly tender about 4 minutes and set aside. Place chicken on the grill and cook turning often until cooked through about 10-12 minutes. Set aside.

Follow the order for each chicken stack. Spread 1/4 cup of labne on each dinner plate. Sprinkle 1/4 teaspoon of zaatar on top of the labne, sprinkle 1/2 teaspoon pine nuts, 1/4 cup spinach, drizzle lightly with olive oil, place 2 slices of eggplant side by side on the labne mixture, slice of chicken, and top with sliced tomato. Serve immediately.

Note: Zaatar is a blend of spices with sesame seeds and salt. Labne is a creamy yogurt cheese blend. You can find both of these items at a Middle Eastern Market.

Serves 4