

# Fast & fresh

Recipes from our kitchen and yours, in 30 minutes or less

## Grilled chicken Greek salad

Elena Burgeno-Berman, CARDIFF-BY-THE-SEA, CA

SERVES 4 | 30 MINUTES

3 tbsp. lemon juice, divided  
3 tbsp. olive oil, divided  
1 tbsp. minced garlic, divided  
1 tsp. each kosher salt and pepper, divided  
1½ tsp. ground cumin, divided  
2 boned, skinned chicken breast halves (1 lb. total)  
2 tbsp. tahini (sesame paste)  
2 cans (15 oz. each) chickpeas, drained and rinsed  
2 tomatoes, chopped  
½ red onion, thinly sliced  
½ sliced red bell pepper  
1 cup flat-leaf parsley  
6 oz. crumbled goat's-milk feta cheese

1. Heat grill to high (450° to 550°). Mix 1 tbsp. each lemon juice and oil, 1 tsp. garlic, and ½ tsp. each salt, pepper, and cumin in a medium bowl. Add chicken and turn to coat.
2. Grill chicken, turning once, until cooked through and browned, about 10 minutes. Let rest, covered, 5 minutes.
3. Whisk together remaining 2 tbsp. each lemon juice and oil, 2 tsp. garlic, ½ tsp. each salt and pepper, and 1 tsp. cumin with the tahini in a large bowl. Add chickpeas, tomatoes, onion, and bell pepper and toss to coat. Divide among 4 plates. Slice chicken and set on top. Sprinkle salads with parsley and cheese.

PER SERVING 503 CAL., 51% (258 CAL.) FROM FAT; 29 G PROTEIN; 29 G FAT (8.9 G SAT.); 32 G CARBO (8.3 G FIBER); 1,175 MG SODIUM; 76 MG CHOL.



## Jalapeño corn cakes

Louise Galen, WEST HOLLYWOOD

SERVES 6 | 30 MINUTES

1 large egg  
1 cup milk  
¾ cup medium-grind cornmeal, preferably stone-ground\*  
½ cup flour  
½ tsp. kosher salt  
2 tsp. baking powder  
1 tsp. chopped fresh marjoram leaves  
3 green onions, chopped, plus sliced onions for garnish  
1 jalapeño chile, seeded and chopped  
2 cups fresh corn kernels  
¼ cup vegetable oil  
Sour cream or Greek yogurt

1. Whisk egg and milk together in a medium bowl. Add cornmeal, flour, salt, baking powder, and marjoram, stirring to combine. Fold in chopped onions, jalapeño, and corn.
2. Heat 2 tbsp. oil in a large nonstick frying pan over medium heat. Scoop ¼-cup portions of batter into pan. Cook, turning once, until puffed and browned, about 6 minutes total. Repeat with remaining batter, adding more oil between batches. Serve with sour cream and sliced onions.

\*Buy in a well-stocked grocery store or natural-food store.

PER 2-CAKE SERVING 259 CAL., 42% (110 CAL.) FROM FAT; 6.3 G PROTEIN; 13 G FAT (2.1 G SAT.); 32 G CARBO (2.9 G FIBER); 348 MG SODIUM; 39 MG CHOL. >92

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