

## Scrambled Eggs with Feta Cheese (Kayana)

Serves 4

### Ingredients:

3 tomatoes  
Boiling water  
½ tablespoon tomato paste  
4 eggs  
½ cup crumbled feta cheese  
½ cup full fat plain Greek yogurt  
½ teaspoon dried oregano  
Salt and freshly ground black pepper  
3 tablespoons olive oil

### Method:

1. With a sharp knife, score an X on the bottom of each tomato. Place the tomatoes in a heatproof bowl, pour boiling water over them, and let them stand for 1 to 2 minutes. Submerge them briefly in cold water. Drain and peel the tomatoes (the skins should slip off easily). Halve the tomatoes, remove their seeds, and chop them finely.
2. In a medium, deep skillet, simmer the tomatoes with tomato paste over low heat for 5 to 8 minutes, or until their liquid has evaporated.
3. In a medium bowl, whisk together the eggs, feta, yogurt, oregano, and salt and pepper to taste.
4. Pour the olive oil into the skillet and increase the heat to medium. When the pan is hot, pour in the egg/cheese mixture, stirring so that all ingredients are well combined. Cook over medium heat until the eggs are set, 4 to 5 minutes. Serve hot.



## **Shaved Cucumber Salad (Agouri Salata)**

Serves 6-8

### Ingredients:

- 4 cucumbers (if large, 8 if small/medium), cleaned, skin on
- 2 celery stalks (if large, 4 if small/medium), peeled
- 1 head of green cabbage, chiffonade
- 1-2 bunches of scallions, thinly sliced
- 1-2 bunches of dill, roughly chopped
- Salt and pepper, to taste
- 3 lemons
- Greek Extra Virgin Olive Oil, as needed

### Method:

1. Slice the cucumbers **VERY** thin on a mandolin into a large mixing bowl; repeat with the peeled celery (slice very thin on mandolin).
2. Add the chiffonade of green cabbage to the bowl; add scallions and fresh dill as desired, and toss gently to combine.
3. Season with salt and pepper to taste; add lemon juice as needed (and lemon zest if desired), and dress liberally with olive oil; toss to thoroughly combine.
4. Taste, adjust seasoning, and enjoy!



## **Greek-Style Beef & Green Bean Quesadilla (Fasolakia Moussakasi me Pita)**

Serves 8

### Ingredients:

- 2-3 onions, finely chopped
- 1 pound of ground beef
- 1 tablespoon of tomato paste
- 2-3 tomatoes, grated
- 2 cinnamon sticks
- 2 pounds of green beans, cleaned
- 2 cups water
- ¼ cup Greek extra virgin olive oil
- Salt and pepper to taste
- Pita bread, whole, as needed
- Feta cheese, optional
- Fresh parsley, chopped for garnish

### Method:

1. In a large, dry sauté pan over medium heat, add the onions and some salt (to leech the excess moisture), and sauté until caramelized and golden in color.
2. Add the ground beef and continue cooking, mixing with onions until fully combined; when the beef releases its moisture, add the tomato paste, stir to combine, and continue to cook until meat is cooked through.
3. Add the grated tomatoes and cinnamon sticks, stir to fully combine, season with salt and pepper to taste. Cook over medium heat for 10-15 minutes to allow the flavors to marry and tomatoes to caramelize.
4. Once the meat mixture is ready, place the green beans in a single layer on the bottom of a large saucepan, followed by a layer of the ground beef mixture. Continue alternating layers of beans and meat until all the ingredients have been used. Add the water, olive oil, and season with salt and pepper to taste. Simmer over a med-low heat for 30-35 minutes, until beans are tender and flavors have married. Remove from heat.
5. Grill pita bread on both sides until crispy; layer green bean/meat mixture on top, add crumble feta if desired, sprinkle with freshly chopped parsley, and top with a second piece of crispy pita bread. Cut to preferred size and enjoy!