



From the Kitchen of Executive Chef Jessica VanRoo

Roasted Carrot & Chicken/Tofu Skewer with Lemon Yogurt Sauce

Makes about 36

For the Chicken / Tofu

- 2 ¼ pounds boneless skinless chicken breasts, cut into 1 ½ -inch cubes OR Tofu
- 1 pinch saffron threads (about 10 threads) or ¼ teaspoon of ground saffron
- 1 large yellow onion, thinly sliced
- 1 large garlic clove, crushed or minced
- Juice from 1 large lemon
- ½ cup Greek yogurt
- 2 tablespoons extra virgin olive oil
- 1 tablespoon tomato purée
- ½ teaspoon turmeric
- Salt and pepper
- Finely chopped parsley for garnish

For the Carrots

- 36 baby carrots
- ¼ teaspoon cinnamon
- 1 teaspoon cumin
- ½ teaspoon coriander
- 1 tablespoon olive oil

Instructions

1. Bloom saffron: Pound or grind the saffron, and add 1 tbsp of hot, not boiling water. Allow to “bloom” for 2 minutes.
2. Combine with onion, garlic, lemon, yogurt, oil, tomatoes, and turmeric. Add the chicken or tofu and marinate for at least 12 hours.
3. Cook chicken or tofu on the grill or oven until cooked through. Set aside.
4. For carrots, combine all the ingredients and roast in a 425-degree oven for 18-20 minutes until tender but not soft.
5. Skewer one chicken or tofu piece with one carrot piece to serve.



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**Roasted Carrot & Chicken Skewer /
Tofu with Lemon Yogurt Sauce**

Lemon Yogurt Sauce

- 2/3 cup Greek yogurt
- 1 teaspoon grapeseed oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh lemon zest
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- Salt and pepper to taste

1. Combine all the ingredients, season to taste, and add more lemon juice as needed.