Baked Za’atar Shnitzel  2-4 servings
2-4 skinless, boneless chicken breasts, sliced in half or tenders
½ t kosher salt + more for sprinkling
½ t pepper
1 T flour
2 eggs
2 cups panko bread crumbs
4T za’atar
½ t granulated garlic
Olive oil spray

Slice or pound chicken breasts and season with salt and pepper. Then toss with flour making sure to coat all of the chicken. Crack eggs and mix with a fork, then pour over the chicken. In a separate bowl, combine Panko, za’atar and garlic. Mix with a fork and then toss with the chicken. This can be down in separate bowls or one large storage bag.

Lay coated chicken pieces on a baking sheet lined with parchment paper or foil. Spray with olive oil spray and bake on 400 for about 20 minutes, depending on how thick your chicken pieces are. Take out of the oven and season with coarse sea salt. Serve hot!

Rice with Onions, Turmeric and Almonds  4 servings
1 cup dry Jasmine rice
1T + 1T olive oil
1T chicken soup flavoring
2 cups water
1 large white onion, chopped
¼ t onion powder
¼ t turmeric
½ t kosher salt
½ t pepper
¼ t red pepper flakes (optional)
¼ cup slivered almonds
1T fresh parsley, chopped

Add rice, 1T olive oil, and soup flavoring to a medium size pot. Turn heat to medium high. Mix well until the soup mix is blended into the rice. Add water. Bring to a boil. Once the water is boiling, turn the heat to low and cover the pot. Allow to simmer on low heat for 15 minutes. Do not uncover the rice. After 15 minutes turn the heat off and allow the pot to sit for 5 minutes before opening the lid.

While the rice is cooking, add 1T of olive oil to a pan, saute the onion until tender and slightly browned. Add onion powder, turmeric, salt, pepper, red pepper flakes. Cook over medium high heat until onions are browned. Add almonds and stir constantly for 2-3 minutes. This will release natural oils from the almonds and bring out their nutty flavor. Be careful they do not burn.

Once the rice is fully cooked, fluff with a fork and either mix onion mixture into rice or serve on top. Garnish with parsley for color. Serve with schnitzel.