

delicious dish

**Take it Down Tuesdays, Passover Special – Schnitzel and Tabouli
Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
Quinoa Crusted Chicken Schnitzel with Chopped Tomato Garlic Bruschetta Mixture	1½ lb. chicken scaloppini (option: equivalent amount in a thin white fish or tofu slabs) 2 eggs 1 lemon 1 bunch parsley 3-4 ripe tomatoes 1 clove garlic 1 green onion 1 bunch basil	Oil spray Potato starch 1½ cup quinoa flakes (amazon link or purchase in a natural food store) or breadcrumbs Extra virgin olive oil Dried oregano Sesame seeds, white or black or a mix Garlic powder Sea salt or kosher salt Pepper Paprika	Baking sheet Foil Prep tray or plates Parchment paper	Wash all vegetables Have all ingredients ready
quinoa tabouli with tender romaine	2 lemons 2-3 tomatoes tomatoes 3 green onion 1 bunch parsley 1 mint Tender romaine leaves	Pine nuts Cinnamon Olive oil Uncooked quinoa	Large mixing bowl Pot	Wash all vegetables Have all ingredients ready