

Follow Your Bliss Catering **RECIPE PRO**

Ready to start cooking with more flavors? Here are some of our recipes to get you started.

RECIPE PRO Italian Herb by Chef Roberto Cruz

FYB Italian Herb

Follow Your Bliss Italian Herb Pita

14 oz. Purified water

1 oz. yeast

24 oz. flour (King Arthur)

1.5 T. FYB Italian Herb Blend

T. salt

.5 T. sugar

3 oz. yogurt

1 oz. extra virgin olive oil

Straight Dough Method

Bench proof preferably 24 hours for healthiest digestion. Scale around 2 oz., roll out to disc and toast in sauté pan (medium heat with olive oil) or grilled (tongs recommended).

Follow Your Bliss Chicken Kebab

2 lbs. chicken diced 1 ¼" cubes

8 oz. baby Bella mushrooms

1 med. red onion diced 1 ¼"

1 pt. cherry tomato

FYB (Follow Your Bliss) Italian Herb Blend

About 4 oz. or ½ Cup Oil

Himalayan Pink Salt & Pepper to taste

Juice of 1 each Lemon & Orange

In large bowl add chicken, onion, coat with oil & juice, salt & pepper, dusting of Follow Your Bliss Italian herb blend, toss together, chill 3 hours if possible. Skewer tomato, mushroom, onion & chicken. Cook to 165 degrees. Rest. Serve with your favorite salad, rice pilaf or side.