

Marjoram & Tomato Chicken Skewers

From *Cooked and Loved*

Prep and Cooking Time: 25 minutes

Ingredients

8 chicken tenderloins, cubed
2 C broccoli florets
4 C arugula
1 TB olive oil
1 TB lemon juice
1 tsp butter
Short skewers

Marjoram Marinade:

1 TB dried marjoram
1 TB tomato paste
1 garlic clove, minced
1 TB lemon juice
1 tsp sea salt
2/3 tsp ground black pepper
2 TB olive oil

Instructions:

Combine and whisk dried marjoram, tomato paste, garlic, lemon juice, olive oil, salt, and pepper in bowl.

Add chicken pieces and set aside for at least 15 minutes. Leave overnight for longer marinade. Remove from fridge 15 minutes before cooking if you marinate overnight.

Skewer the chicken onto bamboo skewers (soaking the skewers ahead of time in water prevents burning). Heat oil in a large frying pan or on the grill. Cook approximately 4 minutes on each side or until juices from the chicken run clear.*

At the same time, set a saucepan of water to boil. Cook the broccoli for 2-3 minutes and mix arugula with lemon juice and olive oil. Toss the cooked broccoli with some butter and a little sea salt. Enjoy!

*The USDA recommends cooking all poultry, including chicken, to a minimum internal temperature of 165 °F

TASTE TEST

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MARJORAM

Marjoram is an aromatic, perennial herb in the mint family with a delicate, sweet, and slightly spicy flavor. It's a member of the oldest herbs used by humans, and has been cultivated in the Mediterranean, North Africa, and Western Asia for thousands of years.

Marjoram has been used in cooking and traditional medicine. The potential benefits of marjoram are reducing inflammation and relieving digestive issues.

FUN FACTS

It was once believed that young women who placed marjoram under their pillows, would dream of their future spouse.

In ancient times, marjoram was used in weddings and other celebrations, as it was a symbol of happiness.



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Sauteed Carrots with Lemon and Marjoram

From *FoodandWine.com*

Yields: 4 Servings

Prep Time: 15 minutes

Ingredients

3 TB olive oil
1 large clove garlic, minced
2 pounds carrots cut diagonally into 1/2 inch slice
1 tsp sugar
1/2 tsp salt
1/4 tsp ground black pepper
1 tsp dried marjoram
4 tsp lemon juice

Instructions:

In a medium frying pan, heat 1 1/2 Tablespoon of the oil over moderately low heat. Add the garlic, carrots, sugar, 1/4 teaspoon of the salt, pepper, and marjoram. Cover and cook, stirring occasionally for 5 minutes.

Uncover the pan. Stir in the remaining 1 1/2 Tablespoon oil and 1/4 teaspoon salt, the lemon juice and the marjoram.

Serve warm over a bed of rice or as a side to your favorite dish.

Enjoy!



Marjoram Butter Cookies

From *She Wears Many Hats*

Yields: 24 Cookies

Prep and Cook Time: 40 minutes

Preheat Oven: 375 °

Ingredients

1/2 C butter (1 stick)
2 tsp marjoram
1/2 C sugar
1/8 tsp salt
2 large egg whites
1 C flour

Instructions:

Melt butter with marjoram in large saucepan on low heat. Remove from heat once completely melted.

In a large mixing bowl, combine melted butter, sugar and salt and stir. Add egg whites, 1 at a time, and mix after each, until well blended.

Stir in flour until combined. Using a teaspoon or kitchen spoon, drop dough balls onto 2 large greased baking sheets approximately 2 inches apart.

Bake for 8 to 10 minutes or until edges of the cookies are browned. The centers should remain pale. Immediately remove the cookies onto wire racks. Cool completely and serve.

Cookies can be stored in an air tight container up to 10 days.

