



## Fast & fresh Zaatar and lemon grilled chicken

SERVES 4 | 30 MINUTES

- 1/4 cup olive oil
- 2 tbsp. each zaatar\* and lemon juice
- 1 tsp. each lemon zest and minced garlic
- 1/4 tsp. each salt and pepper
- 4 chicken thighs (6 to 8 oz. each)
- 1 lemon, cut into 4 wedges
- 8 green onions

1. Whisk together oil, zaatar, lemon juice, zest, garlic, salt, and pepper in a large bowl. Add chicken and turn to coat.
2. Heat grill to medium (350° to 450°). Grill chicken, skin side down, until browned, 5 to 8 minutes; watch for flare-ups and move chicken to a cooler spot if needed. Turn chicken and grill until cooked through, about 4 minutes.
3. Grill lemon wedges and onions in last few minutes, turning once, just until grill marks appear. Serve with chicken.

—ADEENA SUSSMAN

\*Find the Middle Eastern spice blend in the spice aisle of well-stocked grocery stores and at [worldspice.com](http://worldspice.com)

PER SERVING 406 CAL., 67% (273 CAL.) FROM FAT; 27 G PROTEIN; 31 G FAT (6.5 G SAT.); 4.8 G CARBO (1.4 G FIBER); 244 MG SODIUM; 98 MG CHOL.



## Grilled vegetable meze plate

A. Joel Hash, SAN FRANCISCO

SERVES 4 | 30 MINUTES

- 1/4 cup extra-virgin olive oil, divided
- 1 tbsp. minced garlic
- Juice of 1 lemon, divided
- 1/2 tsp. kosher salt
- About 1 1/2 lbs. green zucchini, thinly sliced lengthwise
- About 1 lb. yellow zucchini, thinly sliced lengthwise
- 2 red bell peppers (8 oz. each), quartered and seeded
- 1 large red onion, cut into 8 wedges
- 2 tbsp. chopped fresh oregano leaves
- 8 oz. hummus
- 1 cup mixed olives
- Pita wedges or chips

1. Heat grill to high (450° to 550°). Mix 2 tbsp. oil, the garlic, half the lemon juice, and the salt in a large bowl. Add vegetables and toss to coat.
2. Grill vegetables, turning once, until softened and grill marks appear, about 10 minutes.
3. Divide vegetables among 4 plates. Drizzle with remaining 2 tbsp. oil and the rest of lemon juice. Sprinkle with oregano. Serve with hummus, olives, and pita.

PER SERVING 366 CAL., 61% (224 CAL.) FROM FAT; 9.3 G PROTEIN; 26 G FAT (3.3 G SAT.); 30 G CARBO (8.9 G FIBER); 928 MG SODIUM; 0 MG CHOL.

## 4 fast DINNER IDEAS

**1 COAT** salmon and halved new potatoes lightly with oil, then grill. Arrange over mixed greens and drizzle with a chopped dill, cucumber, and caper vinaigrette.

**2 RUB** lamb shoulder chops with garam masala, then grill and serve with chopped peaches mixed with lime juice, cilantro, and red onion.

**3 TOSS** large scallops in mirin and fresh ginger. Grill until browned, then serve over steamed rice and green beans with soy sauce and sesame oil sprinkled on top.

**4 BRUSH** naan with peanut oil. Top with hoisin sauce and take-out Chinese barbecued duck. Grill until crisp, then add green onions and cilantro. ■

