



It's August already, halfway through summer. I hope everyone is enjoying the wonderful weather we have been having this year, it actually feels like summer for a change. There is very little going on in Community Kitchens right now. Most of our staff and clients are out pursuing other activities, while some of us are taking advantage of the extra time to straighten up our office.

I'm going to give you two recipes again this month, both have a Greek flair and require no cooking which is great in hot weather. I hope you enjoy them and the rest of your summer.

## GREEK PASTA SALAD

Serves 8

2 Cups Penne Pasta	10 Cherry Tomatoes, halved
¼ Cup Red Wine Vinegar	1 Sm. Red Onion, chopped
1 Tbsp. Lemon Juice	1 Green Pepper, chopped
2 Cloves Garlic, crushed	1 Red Pepper, chopped
2 Tsp. Dried Oregano	½ Cucumber, sliced
Salt and Pepper to taste	½ Cup Sliced Black Olives
2/3 Cup Extra-Virgin Olive Oil	½ Cup Crumbled Feta Cheese

1. Cook pasta according to package directions, until it is cooked through but still firm to the bite, about 11 minutes. Rinse with cold water and drain well in a colander.
2. Whisk together the vinegar, lemon juice, garlic, oregano, salt, pepper, and olive oil. Set aside.
3. Combine pasta, tomatoes, onion, green peppers and red peppers, cucumber, olives and feta cheese in a large bowl.
4. Pour vinaigrette over the pasta and mix together. Cover and chill for 3 hours before serving.

# GREEK PITA POCKETS

Serves 6

1 Pkg. Pita Bread	Sliced black Olives
2 Tomatoes	<b>TZATZIKI SAUCE:</b>
1 Cucumber	2 Cloves Fresh Garlic
1 Red Pepper	1 Cucumber
1 Yellow Pepper	1 Cup (250 ml.) Plain Yogurt
Red Onion	1 Lemon
Parmesan cheese or Feta	2 Tbsp. Fresh Dill

1. Tzatziki Sauce: Place Yogurt in a bowl. Grate the cucumber and add to yogurt.
2. Finely chop up dill and garlic and add to yogurt.
3. Juice the lemon and add to the other ingredients.
4. Mix, let stand in fridge while preparing other veggies.
5. Dice tomatoes, cucumber and peppers.
6. Thinly slice red onions.
7. Mix vegetables, cheese and black olives together in a bowl.
8. Pour over tzatziki sauce.
9. Cut pita bread in half and open the middle. Stuff the pita pocket with vegetable mixture.