

Julia's Cookbook

GRIFFIN'S GO TO

1 package fresh chicken tenders

I do cut off that bit of white tendon! I actually just read to pull it through the tines of a fork, it comes right out!!

Beer Can Seasoning – most big grocery stores will carry this

Salt

Avocado oil

Place your chicken on tray or bowl, season well with oil, lightly with salt and generously with Beer Can Blend. You should see it all over the chicken. Heat your cast iron skillet, a grill, a griddle, whatever you have. Medium heat. Cook the chicken trying not to flip multiple times, adding more oil if it looks too dry. Flip when white around the edges. If you do not hear it cooking, turn up the heat. Set aside when cooked.

Pasta – with your cooked pasta, we add a copious amount of extra virgin olive oil, butter and salt. Make it taste good!

Salad

Fresh Arugula

Fresh Spinach

Cubed Avocado

We like to chop the arugula and spinach, rough chop size pieces. Add it to a bowl along with the avocado. Add a bit of salt and pepper, a drizzle of extra virgin olive oil, a bit of lemon and honey. Combine well and serve with pasta and chicken.

Griffin's Sauce

2 tablespoons mayonnaise

1 generous teaspoon Sriracha hot sauce

Mix well in a bowl and taste to adjust if you need more hot sauce or mayonnaise to your preference.