



**Lean  
On  
Me**

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come from  
**Sysco**<sup>TM</sup>

Sysco Northern New England

## Mediterranean Chicken Saute



Entrée Cost: \$2.83  
Min. Selling Price: \$9.99

**Profit:**  
**\$7.16**

### **Wait staff description:**

*Our featured entrée this evening is a pan sautéed breast of chicken served with a traditional Mediterranean sauce of tomatoes, artichokes, olives, fresh basil and feta cheese, served with an orzo and rice pilaf.*

Recipe on back

## COST BREAKDOWN

	PLATE/SERVING	TOTAL	%
PRICE:	\$9.99	\$9.99	
COST:	\$2.83	\$2.83	28.30
PROFIT:	\$7.16	\$7.16	71.70

You can view the Lean On Me Archive on our website at: [www.sysconne.com](http://www.sysconne.com).

Ask your Marketing Associate for more details!

## Ingredients

SUPC	DESCRIPTION	BRAND	SEQ	QTY	TYPE	UNIT COST	XCOST
7029194	CHICKEN BRST B/S FIL 7OZ	JAFCO	1	1.00	EA	\$0.81	\$0.81
1371012	TOMATO DICED FRESH	PACKER	2	2.00	OZ	\$0.13	\$0.26
5429766	OLIVE KALAMATA PITTED	INTLIMP	3	1.50	OZ	\$0.28	\$0.42
9768342	CHEESE FETA PAIL	MKZ IMP	4	1.50	OZ	\$0.21	\$0.31
6418966	GARLIC PEELED WHL	PACKER	5	1.00	EA	\$0.04	\$0.04
3667326	HERB BASIL FRSH	PACKER	7	1.00	TB	\$0.09	\$0.09
4093373	ARTICHOKE HEART QUARTER	INTLIMP	8	4.00	EA	\$0.02	\$0.10
2208064	BUTTER SOLID UNSLT USDA AA	CABOT	9	1.50	OZ	\$0.10	\$0.20
4311189	BROTH CHICKEN RTU	COL INN	13	2.00	OZ	\$0.06	\$0.11
5848049	RICE PILAF CHICKEN W/ORZO	SYS IMP	14	4.00	OZ	\$0.12	\$0.48

## Directions

1. In a sauté pan heat 1 oz. of the olive oil, season the chicken breast with salt and pepper, dredge in flour and pan sauté until golden brown on both sides.
2. Remove from the pan and place in a 350\* oven for 5 8 minutes until firm.
3. Reduce the heat to medium and add 1 tbs. of oil to the pan. Add the garlic and sauté briefly, add the tomatoes and white wine scrapping all the particles from the bottom of the pan.
4. Add the artichokes, chicken stock and reduce slightly. Remove from the heat and add the julienned basil and butter.
5. To serve place 4 oz. of the orzo rice pilaf on the plate, add the chicken and cover with the sautéed vegetables. Garnish with the feta cheese and additional basil.

*Serves 1  
for \$9.99*

## Chef's Suggestions

A nice way to upscale this entrée would be to omit the chicken and substitute fresh sea scallops, SUPC# 6471932 and P&D 21/25 Tiger Shrimp, SUPC# 2292415. Serve with penne rigate, SUPC# 5522479 instead of the orzo rice pilaf.