

Marinated Chicken with yellow Squash and Zucchini or Fillets of Fish or fresh Shrimp

Any pieces of chicken or fish will do. Or use shrimp with or without shell.
Amounts will vary according to persons and personal preferences.

- Green (spring) onions (sometimes called Scallions)
- Yellow Squash
- Fresh Rosemary (optional)
- Zucchini
- Olive Oil
- freshly ground Pepper
- Lime Juice (or very little lemon juice)
- Coarse Kosher salt
- Fresh Garlic, minced
- Sesame Oil to season (optional)

Cut vegetables/fish into ½ inch cubes or slices (chicken into ¼" strips).

Place chicken/fish into a shallow bowl, drizzle with oil and lime juice, season and mix until pieces are nicely coated with marinade. Cover and let sit for 1 to 2 hrs.

Set temperature switch to 3 for warm up. When reached (yellow light off) set temperature to 7-8. Place marinated food onto the cooking center and roast until almost done (shrimp have to turn pink). Push the food into the warming zone and arrange nicely in a circle.

Now place the prepared vegetables onto the cooking center and roast until lightly brown.

Lower temperature to 5 and add a little oil or butter if you feel it is necessary.

Check the chicken/fish/shrimp to see if food is cooked to your liking. If not, push vegetables aside into the warming area and proceed cooking meat/fish until done.

Switch Cook-N-Dine off.

Serve with fresh French bread, brown rice or any other side dish you wish.