

## Parshat T'TZAVEH



*ParshaPlates is a concept and website - [parshaplates.com](http://parshaplates.com) - which makes a Parsha Connection between the weekly sedra and a recipe for your Shabbat Table that will hopefully trigger conversation about Parshat HaShavua, in addition to providing a tasty treat in honor of Shabbat.*

### Chicken Breast Plate

In this week's Parsha, the Kohen Gadol gets his special garments including the CHOSHEN (breastplate) containing the twelve stones inscribed with the names of the twelve sh'vatim of Israel. The food of the week is to make a CHOSHEN from chicken breast and cut up fruits and vegetables.

### Shabbat Shalom & B'tayavon!

### Ingredients

- 1 thin chicken breast piece
- 1 red pepper
- 1 orange pepper
- 1 yellow pepper
- 1 onion
- 1 tomato
- 1 cucumber
- 1 grape
- 1 blueberry

### Instructions

- 1] In a pan, place a piece of thinly sliced square shaped chicken breast.
- 2] Cook at 350 degrees F (175 C) for 10 minutes.
- 3] Cut up the fruits and vegetables for the chicken breast plate and place 12 pieces of different colored fruits and vegetables on top of the chicken breast in a 3x4 format.

