**Chicken Fajitas, tortillas, lettuce, cheese, salsa, chunky guacamole**

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| **Grocery list**   * 6 oz of sliced chicken breast * 1/2 sliced red bell pepper * 1/2 sliced green bell pepper * 1/2 large yellow onion * 1 garlic clove (1 tsp minced garlic) * 3 tbsp chopped fresh cilantro * 1/2 ripe avocado * 1/4 tsp fresh squeezed lime juice * Shredded Romaine lettuce (1 leaf) * Shredded jack cheddar cheese * Sour cream * 2-3 Tortillas * 1/2 cup salsa fresca | **Prepare work area:**   * stove * cast iron skillet and frying pan * cutting board * chef's knife, spatula, tongs * mixing bowls * paper towels |
| **Chicken and marinade**   * 6 oz of sliced chicken breast * 1/2 sliced red bell pepper * 1/2 sliced green bell pepper * 1/4 large yellow onion * 1 tbsp soy sauce * 1/8 tsp cumin * 1/4 tsp fresh ground pepper * 2 tbsp EVOO * 1 clove garlic (1 tsp minced garlic)   Slice and mix all the ingredients above in a plastic bag and let marinade for at least 15 minutes in the refrigerator (ice cooler) | **Chunky guacamole**   * 1/2 soft avocado * 1/4 cup Salsa Fresca * 1tbsp cilantro * 1/4 tsp kosher salt * pinch of white pepper * 1/2 tsp EVOO * 1/4 tsp fresh squeezed lime juice   Cut the avocado length wise into 4 equal sections, remove the seed and peel. Cut into chunks. With a fork or large spoon mash together the avocado, lime juice and salt. Mix the remaining ingredients above and set aside. |

**Cooking**

Chicken

* Bring to medium high heat a NON-oiled cast iron frying pan or skillet (do not oil)
* Add the chicken and all the marinade
* Stir frequently (turn the chicken so it does not burn on one side)
* Set aside when done

Tortillas

* On preheated NON oiled frying pan (medium low) warm tortillas for 20-30 seconds per side.

**Plating**

* Make fajitas as desired, if serving for a guest place the toppings in a separate plate and let guest choose their toppings, this is half the fun (Lettuce, salsa, jack/cheddar, guac, sour cream
* Make salad with mango, peach or pineapple toppings, salsa and balsamic vinaigrette.

**T197 Chicken Italiano w/ whole grain pasta and broccoli**

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| **Grocery list**   * 6 oz chicken breast or tenders * 3 tbsp of chopped fresh basil (about 4-6 leaves) * 2 chopped Roma tomatoes * 4 oz tomato sauce * 1 garlic clove * 1 tbsp chopped onions (1/4 onion) * 1/2 small julienned carrot * 1/2 cup of whole grain penne pasta * 1 cup of cut broccoli florets (for later) | **Prepare work area:**   * stove * grill * 2 medium pots * cutting board * chef's knife, spatula, tongs * mixing bowls * paper towels |

**Cooking**

Chicken

* Sprinkle chicken with 1 tsp garlic, 1/2 tsp kosher salt, a pinch of white pepper and drizzle with 1 tbsp of EVOO.
* Grill chicken until well done.

Sauce

* Add remaining EVOO to a medium pot and sauté garlic and onions until translucent (low heat). Add basil, tomatoes, carrot, tomato sauce, 1/2 tsp kosher salt, and pinch of white pepper.
* Cover and simmer on low heat for 5 minutes.
* Add broccoli cover and simmer for another 2 minutes

Pasta

* Bring 3 cups of water to a rapid boil. Add 1 tbsp of EVOO and pasta. Cook al dente.

**Plating**

* Pour sauce over the pasta and lay the grilled chicken on top of sauce, sprinkle with parmesan cheese and chopped parsley.
* Serve a salad with sliced apples and balsamic vinaigrette

**Ponzu Chicken over rice noodles**

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| **Grocery list**   * 6 oz of sliced chicken breast * 1/2 sliced red bell pepper * 1/2 sliced green bell pepper * 1/3 large yellow onion * 1 garlic clove (1 tsp minced garlic) * 1/4 cup snow peas * 5 oz rice noodles * 4 tbsp Ponzu sauce (substitute w/ teriyaki) | **Prepare work area:**   * stove * wok and medium pot * cutting board * chef's knife, spatula, tongs * mixing bowls * paper towels |

**Chicken and marinade**

* 6 oz of sliced chicken breast
* 1/2 sliced red bell pepper
* 1/2 sliced green bell pepper
* 1/4 large yellow onion
* 4 tbsp Ponzu sauce
* 1/4 tsp fresh ground pepper
* 2 tbsp EVOO
* 1 clove garlic (1 tsp minced garlic)

Mix all the ingredients in a plastic bag and let marinade for at least 15 minutes in refrigerator

**Cooking**

Rice Noodles

* In a medium pan bring 3 cups of water with 1 tbsp to a boil
* Add noodles and cook al dente

Chicken

* Bring to medium high heat a NON-oiled wok (do not oil)
* Add the chicken and marinade
* Stir frequently (turn the chicken so it does not burn on one side)

**Plating**

* Pour stir fry over noodles
* Make salad with tangerines, drizzle with soy ginger vinaigrette and fried noodles.

**T197 Rosemary Dijon Chicken with mashed potatoes and wilted spinach**

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| **Grocery list**   * 6 oz chicken breast or tenders * 1 tbsp of chopped fresh basil (about 4-6 leaves) * 1 sprig of fresh rosemary * 1 garlic clove * 1 tbsp Dijon mustard * 3 tbsp EVOO * 2 tbsp parmesan cheese * 2 cups of fresh spinach * Mashed Potatoes | **Prepare work area:**   * stove * grill * 1 medium pot and 1 frying pan with lid * cutting board * chef's knife, spatula, tongs * mixing bowls * paper towels |

**Cooking**

Chicken

* Mix chicken with 1 tsp minced garlic, 1/2 tsp kosher salt, a pinch of white pepper, 1 sprig of fresh chopped rosemary, 1tbsp parmesan cheese and drizzle with 2 tbsp of EVOO.
* Grill chicken until well done.

Mash potatoes

* Follow recipe on box, make only 1 packet

Wilted spinach

* Add 1 tbsp of EVOO to frying pan, bring to a low heat and add spinach, 1/2 tsp garlic, 1 tbsp of parmesan cheese, cover and cook for 1 minute.

**Plating**

* Place chicken on side of mash potatoes, strain juices on top. Place wilted spinach next to mash potatoes and strain juices around spinach. Add some julienne carrots for color.