Jamaican Jerk Chicken Street Tacos

Prep: 10 min  Total Time: 25 min
Recipe yields: 4 servings  1 serving = 2 tacos

Directions:
1. Place chicken breasts between waxed paper and pound until ½” thick.
2. Season chicken breasts with Jamaican Jerk seasoning, rubbing into both sides. Cook in a nonstick skillet over medium heat for 4-5 minutes on each side until cooked thoroughly (Internal temp=165°F). Place on cutting board and cool for 2-3 minutes. Slice into ½” strips.
3. Wisk together mayonnaise and 3 teaspoons Jamaican Jerk seasoning.
4. Assemble tacos using your tortilla of choice. Warm tortillas in nonstick skillet lightly greased with olive oil.
5. Place ¼ cup cabbage/lettuce on each tortilla. Top with chicken, then drizzle with 1 Tbsp sauce. Sprinkle with chopped cilantro. Serve with fresh lime wedges.

Nutritional Analysis w/ Corn Tortilla (2 tacos):
340 calories, 11g Total Fat, 33g Carbohydrates, 29g Protein

Nutritional Analysis w/ Flour Tortilla (2 tacos):
423 calories, 14g Total Fat, 42g Carbohydrates, 32g Protein

Ingredients:
1 lb boneless chicken breasts
4-5 tsp Jamaican Jerk seasoning*
8 (6”) flour soft tortillas or corn tortillas
1 tsp olive oil

Jamaican Jerk Seasoning:
1½ tsp garlic powder  1 tsp onion powder
1 tsp salt  ½ tsp paprika
1 tsp cayenne pepper  1 tsp sugar
¼ tsp ground nutmeg  ½ tsp ground cinnamon
1 tsp dried parsley  ½ tsp ground allspice

Sauce:
½ cup light mayonnaise
3 tsp Jamaican Jerk seasoning *

Toppings:
2 Tbsp fresh cilantro chopped
2 cups shredded cabbage/lettuce
fresh lime wedges

* Can substitute McCormick Jamaican spice or Mrs. DASH Caribbean Citrus Seasoning blend

Source: www.lecremedelacrumb.com/2014/09/jamaican-jerk-chicken-tacos.html
Southwestern Turkey Veggie Chili

Total time: 20 minutes
Yields: 4 (2 cup) servings

**Directions:**
1. Heat a non-stick skillet on medium heat, add ground turkey and cook until browned.
2. Stir in garlic, Southwestern vegetables, tomatoes, tomato paste, water, chili powder, hot chili flakes and salt.
3. Cover with a lid and simmer for 10 to 15 minutes.
4. Taste and adjust salt and chili flakes seasoning as necessary.
5. Remove from heat and serve immediately.

**Serving Suggestions:**
- Serve with sour cream and shredded cheese.
- Serve with whole grain crackers, tortilla chips, or corn muffins.

**Nutritional Analysis (2 cups):**
- 259 calories, 9g Total Fat, 27g Carbohydrates, 22g Protein

**Ingredients:**
- 1 lb 93% lean ground turkey *
- 2 tsp minced garlic
- 1 (12 oz) bag frozen Birds Eye Recipe Ready Southwest blend vegetables
- 2 (14 oz) cans diced tomatoes for chili
- 2 Tbsp tomato paste
- 1 cup water
- 2 Tbsp chili powder
- ½ tsp crushed red pepper chili flakes
- ½ tsp salt

* Substitute 93% lean ground beef or ground chicken

Source: www.notenoughcinnamon.com/2012/12/10/20minute-turkey-chili/
Savory Chicken & Rice Soup

Total time: 35 minutes
Yields: 4 (1½ cups) servings

**Directions:**
1. Melt butter in a 4 to 6 quart stockpot over medium heat until butter begins to bubble.
2. Add frozen mirepoix mixture and garlic and sauté 3-5 minutes or until vegetables are soft.
3. Add chicken broth, paprika, and parsley. Increase to high heat, and continue cooking (stirring occasionally) for 7-9 minutes or until mixture comes to a boil.
4. Add rice and chicken and cook 5-7 minutes or until hot.
5. Season with pepper and enjoy this scrumptious soup!

**Serving Suggestions:**
- Substitute turkey or smoked sausage for chicken
- Use low sodium chicken broth if watching your daily sodium intake

**Nutritional Analysis (1½ cups):**
- 345 calories, 10g Total Fat, 32g Carbohydrates, 31g Protein

**Ingredients:**
- 2 Tbsp butter
- 1 (12 oz) package frozen mirepoix blend * or 3 cups chopped onion, carrots, & celery
- 1 teaspoon garlic, minced
- 6 cups (48 oz) chicken broth
- ½ tsp smoked paprika
- 2 tsp dried parsley (or 2 Tbsp fresh parsley)
- 2 cups cooked white, brown or wild blend rice **
- 2 cups (12 oz) cooked chicken, chopped
- Pepper, to taste

* We used Kroger Mirepoix Style Blend
** can substitute ready prepared or frozen

Source: www.landolakes.com/recipe/3507/super-easy-chicken-rice-soup
Healthy “Hamburger” Helper

Total time: 25 minutes
Yields: 6 (1½ cups) servings

Directions:
1. Brown meat in 12-inch skillet or Dutch oven over medium-high heat.
2. Stir in sauce and water. Bring to a boil, add uncooked noodles and stir to combine. Cover skillet or Dutch oven with lid and cook over medium heat, stirring frequently to separate noodles, until noodles are tender, about 15 minutes.
3. Sprinkle with Italian seasoning then top with Italian cheese. Simmer covered until cheese is melted, about 5 minutes. Sprinkle, if desired, with grated Parmesan cheese or additional Italian seasoning.
4. Serve hot or portion in four divided 2 cup plastic containers, cool in refrigerator for 2-3 hours and then freeze. Reheat in microwave.

Serving Suggestions:
• Serve with a side salad, breadstick, and bowl of ice cream topped with fruit

Nutritional Analysis (1½ cups):
490 calories, 16g Total Fat, 59g Carbohydrates, 30g Protein

Ingredients:
1 lb 93% lean ground beef *
1 (1 lb 8 oz) jar pasta sauce (any flavor)
3 cups water
12 oz uncooked whole grain penne pasta
2 tsp Italian seasoning
2 cups (8oz) shredded Italian cheese
Grated Parmesan (optional)

* Substitute 93% lean ground turkey or ground chicken

Source: www.ragu.com/recipes/weeknight-skillet-lasagna