

SOFT TACOS WITH CHICKEN

Culinary Intro:	The filling for these tacos is quick and easy to prepare.
Nutrition Intro:	Try choosing corn tortilla for soft tacos, it is rich in fiber and vitamins and had less added fats compared to flour tortillas.

<p>Prep Time: 30 minutes</p> <p>Ingredients for 4 servings: Each serving = 2 soft tacos Cost per serving=\$0.90</p> <ul style="list-style-type: none"> • ½ Tablespoon extra-virgin olive oil • ¼ white onion, finely chopped • 2 garlic cloves, finely chopped • 1 teaspoon ground cumin, or to taste • 2 thyme sprigs • 1 bay leaf • 5 Roma tomatoes, chopped or pureed • ¼ teaspoon salt • freshly ground black pepper, to taste • 2 cups cooked, shredded chicken <p>Steps:</p> <ol style="list-style-type: none"> 1. Heat a skillet over medium heat. Add oil, onion, and garlic and cook gently. Add the ground cumin and stir to combine. Cook until onion is softened, about 5 minutes. 2. Add the sprigs of thyme, bay leaf and chopped tomatoes. To puree, add tomatoes to a blender and process until smooth. Cook until tomatoes break down and start to become a sauce. Season with salt and black pepper and cook gently for another 5 minutes. 3. Add the shredded chicken, making sure it gets coated with the tomato sauce. Heat until the chicken is warmed through. 4. Remove from heat and prepare tacos by warming corn tortillas. Add some of the chicken filling to each tortilla, then top with cabbage slaw. 	<p>Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: middle; font-size: 2em;">1</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • heat skillet over medium heat; watch the heat and make sure onion and garlic are not cooking too quickly • go slow and sauté gently to bring out flavor of onion and garlic <p>Nutrition:</p> <ul style="list-style-type: none"> • Each family of dietary fats behaves differently in the body. • Monounsaturated fatty acids are the heart-healthy kind. Examples of oils rich in monounsaturated fatty acids include olive oil, extra-virgin olive oil, and canola oil. • Try decreasing your consumption of oils such as coconut and vegetables oil. • Onion and garlic are aromatic, try to include these and other types of aromatics, herbs and spices to meals and skip the salt shaker. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle; font-size: 2em;">2</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • for a smooth sauce, puree the tomatoes in a blender • alternately, use canned chopped tomatoes, but omit salt • chop tomatoes into even pieces so that they break down quickly into a sauce <p>Nutrition:</p> <ul style="list-style-type: none"> • Tomatoes are a rich source of lycopene. Cooking tomatoes increases the amount of lycopene in them, this is one of the few examples in which cooking increases antioxidants. • Lycopene and other types of carotenoids help prevent risk factors associated with certain cancers. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle; font-size: 2em;">3</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • great way to use leftover chicken • any leftovers should be cooled, packed and sealed in a container and stored in the refrigerator for up to 5 days • if using raw chicken, be careful with food safety <ul style="list-style-type: none"> ○ add chicken to a pot with just enough water to cover; bring to a boil, then simmer and cook until chicken is cooked, about 15 minutes; remove chicken from liquid, let cool lightly, then shred with a fork <p>Nutrition:</p> <ul style="list-style-type: none"> • Phytonutrients are natural compounds found in plant foods such as vegetables, fruits, whole grains and legumes. They are responsible for the vibrant colors found in vegetables and fruits. • Phytonutrient literally means plant nutrient • Try adding a variety of plant colors to your everyday </td> </tr> </table>	1	<p>Culinary:</p> <ul style="list-style-type: none"> • heat skillet over medium heat; watch the heat and make sure onion and garlic are not cooking too quickly • go slow and sauté gently to bring out flavor of onion and garlic <p>Nutrition:</p> <ul style="list-style-type: none"> • Each family of dietary fats behaves differently in the body. • Monounsaturated fatty acids are the heart-healthy kind. Examples of oils rich in monounsaturated fatty acids include olive oil, extra-virgin olive oil, and canola oil. • Try decreasing your consumption of oils such as coconut and vegetables oil. • Onion and garlic are aromatic, try to include these and other types of aromatics, herbs and spices to meals and skip the salt shaker. 	2	<p>Culinary:</p> <ul style="list-style-type: none"> • for a smooth sauce, puree the tomatoes in a blender • alternately, use canned chopped tomatoes, but omit salt • chop tomatoes into even pieces so that they break down quickly into a sauce <p>Nutrition:</p> <ul style="list-style-type: none"> • Tomatoes are a rich source of lycopene. Cooking tomatoes increases the amount of lycopene in them, this is one of the few examples in which cooking increases antioxidants. • Lycopene and other types of carotenoids help prevent risk factors associated with certain cancers. 	3	<p>Culinary:</p> <ul style="list-style-type: none"> • great way to use leftover chicken • any leftovers should be cooled, packed and sealed in a container and stored in the refrigerator for up to 5 days • if using raw chicken, be careful with food safety <ul style="list-style-type: none"> ○ add chicken to a pot with just enough water to cover; bring to a boil, then simmer and cook until chicken is cooked, about 15 minutes; remove chicken from liquid, let cool lightly, then shred with a fork <p>Nutrition:</p> <ul style="list-style-type: none"> • Phytonutrients are natural compounds found in plant foods such as vegetables, fruits, whole grains and legumes. They are responsible for the vibrant colors found in vegetables and fruits. • Phytonutrient literally means plant nutrient • Try adding a variety of plant colors to your everyday
1	<p>Culinary:</p> <ul style="list-style-type: none"> • heat skillet over medium heat; watch the heat and make sure onion and garlic are not cooking too quickly • go slow and sauté gently to bring out flavor of onion and garlic <p>Nutrition:</p> <ul style="list-style-type: none"> • Each family of dietary fats behaves differently in the body. • Monounsaturated fatty acids are the heart-healthy kind. Examples of oils rich in monounsaturated fatty acids include olive oil, extra-virgin olive oil, and canola oil. • Try decreasing your consumption of oils such as coconut and vegetables oil. • Onion and garlic are aromatic, try to include these and other types of aromatics, herbs and spices to meals and skip the salt shaker. 						
2	<p>Culinary:</p> <ul style="list-style-type: none"> • for a smooth sauce, puree the tomatoes in a blender • alternately, use canned chopped tomatoes, but omit salt • chop tomatoes into even pieces so that they break down quickly into a sauce <p>Nutrition:</p> <ul style="list-style-type: none"> • Tomatoes are a rich source of lycopene. Cooking tomatoes increases the amount of lycopene in them, this is one of the few examples in which cooking increases antioxidants. • Lycopene and other types of carotenoids help prevent risk factors associated with certain cancers. 						
3	<p>Culinary:</p> <ul style="list-style-type: none"> • great way to use leftover chicken • any leftovers should be cooled, packed and sealed in a container and stored in the refrigerator for up to 5 days • if using raw chicken, be careful with food safety <ul style="list-style-type: none"> ○ add chicken to a pot with just enough water to cover; bring to a boil, then simmer and cook until chicken is cooked, about 15 minutes; remove chicken from liquid, let cool lightly, then shred with a fork <p>Nutrition:</p> <ul style="list-style-type: none"> • Phytonutrients are natural compounds found in plant foods such as vegetables, fruits, whole grains and legumes. They are responsible for the vibrant colors found in vegetables and fruits. • Phytonutrient literally means plant nutrient • Try adding a variety of plant colors to your everyday 						

<p>Nutrition Facts Serving Size 2 tacos (162g) Servings Per Container 4</p> <hr/> <p>Amount Per Serving</p> <p>Calories 150 Calories from Fat 70</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 8g 12% Saturated Fat 2g 10% Trans Fat 0g</p> <p>Cholesterol 60mg 20% Sodium 520mg 22%</p> <p>Total Carbohydrate 6g 2% Dietary Fiber 1g 4% Sugars 2g</p> <p>Protein 17g</p> <hr/> <p>Vitamin A 15% • Vitamin C 20% Calcium 2% • Iron 6%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small></p> <table border="0"> <tr> <td></td> <td>Calories:</td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table> <p><small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small></p>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Saturated Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g			<p>meals to obtain a wider variety of phytonutrients.</p>
	Calories:	2,000	2,500																												
Total Fat	Less than	65g	80g																												
Saturated Fat	Less than	20g	25g																												
Cholesterol	Less than	300mg	300mg																												
Sodium	Less than	2,400mg	2,400mg																												
Total Carbohydrate		300g	375g																												
Dietary Fiber		25g	30g																												
		<p>4</p>	<p>Culinary:</p> <ul style="list-style-type: none"> • warm corn tortillas in a dry skillet; keep warm by wrapping in a towel • the slaw adds crunch and tanginess 																												

<p>Clean-up/Review comments</p>
<p>Culinary: These tacos are great for a busy weeknight and are budget-friendly. Shredded pork would be delicious as well. The filling can also be used for enchiladas.</p> <p>Nutrition: You can choose other types of fillings on your tacos such as beans, which are also a rich source of protein, and are rich in fiber and phytonutrients.</p>

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. mise en place bowls 5. silicone spatula 6. locked tong with silicone edges 7. aluminum foil 8. electric skillet 9. electric griddle (to warm tortillas) 10. blender 11. measuring cups 12. measuring spoons 13. paper plates/ cups/ soufflé cups 14. paper towels 15. tablecloth 16. kitchen towel 17. gloves 18. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 5 Roma tomatoes <input type="checkbox"/> 1 white onion <input type="checkbox"/> 1 head garlic <input type="checkbox"/> 1 bunch thyme 	
	<p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> corn tortillas (for serving) 	
	<p>Meats</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 chicken breasts or 2 cups cooked, shredded chicken 	
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> ground cumin <input type="checkbox"/> bay leaf <input type="checkbox"/> salt <input type="checkbox"/> pepper <input type="checkbox"/> extra-virgin olive oil 	
	<p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> plates, forks, napkins, paper towels 	
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe; cook and shred chicken, store properly • Label all mise en place items • Make sure to leave a portion of the produce intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: 1 hour</p>		