

## CALABACITAS

**Serving size:** ½ cup

**Makes** 8 servings

- 2 TBSP Canola Oil
- 1 ¾ cups Zucchini Squash, diced
- 1 ¾ cups Yellow Squash, diced
- 1 ¼ cups Corn Kernels, fresh
- 1 ¼ cups Yellow Onion, diced
- 1 cup Hatch Green Chili Peppers, diced
- 1 ½ tsp Garlic, minced
- ¼ tsp salt
- ¼ tsp Black Pepper

### Preparation:

1. In a bowl, toss together oil, zucchini, yellow squash, corn, onions, hatch chilies, garlic, salt, and pepper.
2. Place vegetables on a sheet pan and roast in 350°F oven until tender and golden brown, about 15 – 20 minutes.



### NUTRITION FACTS

PER SERVING

<b>calories</b>	85
<b>total fat (g)</b>	4
saturated fat (g)	0
<b>sodium (mg)</b>	85
<b>total carbohydrate (g)</b>	12
dietary fiber (g)	2
added sugar (g)	0
<b>protein (g)</b>	2

\*If hatch green chilies are not available, substitute with Anaheim Chilies or other green chilies.

## GRILLED CHICKEN, CORN, BLACK BEAN SALSA

**Serving size: 5 oz chicken breast, ½ cup salsa**      **Makes 10 servings**

- 3 ½ lb Chicken Breast, boneless, skinless
- 2 tsp Canola Oil
- 1 tsp Salt
- 1 ½ tsp Black Pepper
- 1 ¼ cup Corn Kernels, fresh
- 1 ½ tsp Canola Oil
- 4 cups Black Beans, cooked
- 1/3 cup Red Onions, diced
- 1 TBSP Garlic, chopped
- ½ cup Plum Tomatoes, diced
- ½ cup Green Bell Peppers, diced
- ¼ cup Poblano Pepper, diced
- 1 ½ tsp Cumin, ground
- 1 tsp Chili Powder
- ½ tsp Salt
- ¼ tsp Black Pepper
- 2 TBSP Cilantro, chopped
- 1 ½ tsp Canola Oil
- 2 TBSP Lime Juice

### Preparation:

#### Chicken

1. Cut chicken into 5-ounce portions.
2. Toss the chicken breast with 2 teaspoons of canola oil. Season with salt and pepper.
3. Preheat a grill or grill pan to medium-high heat. Place the chicken on the grill and cook until grill marks form, about 3-4 minutes per side.
4. Cook until chicken reaches an internal temperature of 165°F.

#### Corn, Black Bean Salsa

1. Preheat oven to 350°F.
2. Toss corn lightly with 1 ½ tsp canola oil and spread in an even layer on a baking sheet. Roast until tender and golden brown.
3. Remove from oven and let cool completely.
4. In a large bowl, combine beans, corn, red onion, garlic, tomatoes, green peppers, poblano chili peppers, cumin, chili powder, salt, pepper, cilantro, 1 ½ tsp canola oil, and lime juice.
5. Toss to combine.

Serve Corn, Black Bean Salsa over cooked chicken.



### NUTRITION FACTS

PER SERVING

<b>calories</b>	310
<b>total fat (g)</b>	7
saturated fat (g)	1
<b>sodium (mg)</b>	340
<b>total carbohydrate (g)</b>	22
dietary fiber (g)	7
added sugar (g)	0
<b>protein (g)</b>	39

## ANCHO CHILI ROAST CHICKEN BREAST

Serving size: 4 oz

Makes 6 servings

- 2 lb Chicken Breast, boneless
- 1 ½ Ancho Chili Peppers, dried
- 1 ½ tsp Garlic Powder
- 1 TBSP Onion Powder
- 1 TBSP Lime Juice
- ½ tsp Salt
- ½ tsp Black Pepper
- 1 TBSP Canola Oil
- Cooking Spray

### Preparation:

1. Cut the chicken into 5 oz portions.
2. Soak the dried ancho chilies in warm water for 20-30 minutes until soft. Remove the chilies from the water, discard the stems and seeds.
3. In a food processor, blend the soaked ancho chilies, garlic powder, onion powder, lime juice, salt, pepper, and oil until smooth.
4. Toss the chicken portions in the wet rub marinade, ensuring they are evenly coated.
5. Preheat the oven to 350°F. Spray a sheet pan with cooking spray and place the marinated chicken on the pan. Roast for 16-20 minutes, or until the internal temperature reaches 165°F.
6. Allow the chicken to rest for 5-10 minutes before serving.



### NUTRITION FACTS PER SERVING

<b>calories</b>	215
<b>total fat (g)</b>	7
saturated fat (g)	1.5
<b>sodium (mg)</b>	240
<b>total carbohydrate (g)</b>	25
dietary fiber (g)	5
added sugar (g)	2
<b>protein (g)</b>	33