



# ShopRite



## KIDZ COOK

### Recipe of the Week!

**TAKE ONE HOME AND TRY IT YOURSELF!**

#### Sweet & Savory Diptastic Lunch

**Chef Owen Osburne, Age 8**

##### INGREDIENTS

###### For the Chicken:

- 1 3/4 cup vegetable broth
- 1 cup brown rice
- 2 medium sweet potatoes, peeled and chopped
- 2 Tbsp extra-virgin olive oil, plus more as needed
- Dried basil, oregano, thyme, Creole seasoning, salt, and freshly ground black pepper (optional)
- 1 lb. fresh broccoli florets
- 1 Tbsp fresh lemon juice
- 4 skinless, boneless chicken breasts, cut into bite-sized pieces
- Barbecue sauce, soy sauce, or salsa, for dipping

###### For the Fruit Salsa & Cinnamon Tortilla Crisps:

- 1 apple, peeled, cored, and coarsely chopped
- 2 Tbsp fresh lemon juice
- 2 cups strawberries, stemmed and chopped
- 2 cups peaches, peeled, pitted, and chopped
- 4 large whole-wheat tortillas
- 1 Tbsp cinnamon
- 1 Tbsp brown sugar

##### DIRECTIONS

1. Preheat oven to 375°F. In large stockpot, bring broth to boil over medium heat. Add in rice, stir and cover, reduce heat to low. Cook for 25 minutes, or until tender.
2. On large baking sheet, coat sweet potatoes with 1 Tbsp olive oil, sprinkle seasonings you like, and bake 30 minutes, or until tender. On second large baking sheet, season broccoli with lemon juice, salt, pepper, or other seasonings. Bake on second oven shelf for 30 minutes, alongside sweet potatoes.
3. In a large nonstick skillet, warm remaining tablespoon olive oil over medium heat. Add chicken, cook 6 minutes on each side, or until golden brown.
4. To make the Fruit Salsa & Cinnamon Tortilla Chips: In large bowl, toss apples with lemon juice. Add the remaining fruit and stir. Place tortillas on nonstick baking tray, sprinkle with cinnamon and brown sugar, and place in warm oven until slightly crisp. Remove from oven and cut into triangles or strips.

Source: *Healthy Lunchtime Challenge Cookbook* compiled by the Let's Move Initiative

**Enjoy!**

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