



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Taco Night!

(Serving size: 5)

Ingredients

- 1 1/4 pounds ground chicken (85% is what I use)
- 1/2 yellow onion, chopped
- 1/2 - 1 inch piece of jalapeno pepper, chopped
- 3 garlic cloves, minced
- 1 Tbsp chili powder
- 2 tsp cumin
- 1 tsp coriander
- 1/2 tsp oregano
- 1/2 - 1 tsp sea salt
- 1/4 cup water
- Shredded cheddar cheese (optional)

HOMEMADE SALSA:

- 12 plum tomatoes
- 1/4 onion, chopped
- 1/4 Jalapeno, remove seeds and diced
- 1 bunch cilantro, chopped
- 1 tablespoon, lime juice

Instructions

1. Heat a non-stick or steel skillet over medium high heat.
2. Add in the chicken, onion, jalapeno, and garlic, and cook for 15-20 minutes until browned and cooked through.
3. Drain and discard any excess grease.
4. Add in the spices, 1/2 teaspoon of sea salt, and 1/4 cup of water, and cook for another 3-5 minutes until moisture has absorbed into the meat.
5. Serve the meat as desired. Season with more salt as needed.

Salsa Directions

- Chop all ingredients.
- Add to the mixing bowl.
- Add lime juice and mix to add to tacos.



Enjoy!

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