

## Mexican Chicken Stir Fry

- 4 chicken thighs, cut into strips
- 2 tablespoons vegetable oil
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano leaves
- 1 clove garlic, crushed
- 1 red or green bell pepper, cut in thin strips
- 1 medium onion, cut in thin wedges
- 2 jalapeño peppers\*, thinly sliced
- 3 cups lettuce, thinly sliced

Cut chicken into thick strips. Combine oil, cumin, oregano and garlic; reserve half. Heat half the seasoned oil in large nonstick skillet over medium-high heat. Add bell pepper, onion and jalapeño pepper; stir-fry 2 to 3 minutes or until crisp-tender. Remove and reserve. In same skillet, stir-fry chicken strips (1/2 at a time) in remaining oil 1 to 2 minutes. Return vegetables to skillet and heat through. Serve chicken mixture over lettuce or make chicken tacos.

Mexican Stir Fry  
Taco Shells  
Salad

## Microwave Italian Style Chicken Breast

- 4 Breaded Chicken Breast Filets
- 1 can tomato sauce
- 1 tsp. Italian Seasoning
- 1/2 tsp. Garlic Powder

To make the sauce, combine the tomato sauce, Italian seasoning and garlic powder. Put over top of chicken; cover loosely and cook in microwave 4 minutes. Place slices of Mozzarella cheese on each chicken breast and cook 2 minutes. Let stand 3 to 4 minutes, cov-

Italian Chicken  
Sugar Snap Peas  
Bread

## FIGHT BAC

- **CLEAN:** Wash hands and surfaces often
- **SEPARATE:** Don't cross-contaminate!
- **COOK:** Cook to proper temperature
- **CHILL:** Refrigerate promptly

Source: [www.FightBAC.org](http://www.FightBAC.org)



## Layered Skillet Stew

- 1½ pounds extra lean ground beef
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon Worcestershire sauce
- 1 large onion, sliced
- 3-4 potatoes, peeled and sliced
- 4-5 carrots, sliced
- 1 (15 ounce) can whole kernel corn, drained
- 2 tablespoons margarine

Pat ground beef into bottom of skillet. Season meat with salt and pepper and Worcestershire sauce. Layer remaining ingredients in order given. Place margarine chunks on top. Place lid on skillet and cook on medium heat for 25-30 minutes. Serves 6.

Nutrition information for 1/6 of recipe: 423calories; 24g total fat; 8g saturated fat; 78mg cholesterol; 29g total carbohydrate; 4g dietary fiber; 25g protein; 493mg sodium; 977mg potassium; 37mg calcium; 3mg iron; 26mg vitamin C; 1388RE vitamin A; 54mcg folacin

## Red Beans & Rice w/ Smoked Sausage

- 1 pound smoked sausage, about one pound, split lengthwise
- 1 teaspoon vegetable oil
- 1/2 cup smoked ham (3-ounces), diced
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1/4 teaspoon hot pepper sauce, to taste
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 medium tomato, diced
- 2 cups chicken broth
- 1 cup long-grain enriched rice
- 1 16-ounce can red beans, drained

Broil or grill sausage until browned, keep warm. Meanwhile, in a large, deep skillet with tight-fitting lid, sauté ham, onion and garlic in oil until lightly browned, about 2-4 minutes. Stir in all remaining ingredients and bring to a boil. Lower heat, cover and simmer until rice is tender, about 15-20 minutes. Serve immediately with grilled sausage.

Every Person needs to eat  
5-9 fruits and Vegetables  
EVERYDAY!

Red Beans & Rice  
w/ Sausage  
Corn & Carrots

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