

FOOD



Stuffed Chicken Breasts

This stuffed chicken breast is an easy and light main dish. You can make the mushroom/spinach mixture the night before and refrigerate. Let it come to room temperature before using. You can also use the filling to stuff chicken leg quarters, just lift up the skin and push the spinach mixture inside.

Ingredients:

- 4 boneless, skinless chicken breasts
- ½ lb. fresh mushrooms
- ½ lb. fresh spinach, washed and drained
- 4 Tbsp. light tasting olive oil
- ½ cup chopped onion
- 2 cloves garlic, crushed
- ½ tsp. crushed oregano leaves
- pinch of black pepper
- 1 tsp. salt (optional)
- ¼ cup chicken broth

Directions:

1. Rinse, pat dry and chop mushrooms. Set aside. Barely wilt spinach by steaming it in a minimum of water for a few minutes. Drain well, squeezing out excess water. Chop (should make about ½ cup). Set aside.
2. Meanwhile, flatten each chicken breast, placing them between 2 sheets of wax paper or plastic wrap, pound with a mallet until about ¼" thick. Spoon ¼ of the mushroom/spinach mixture onto the center of each chicken breast. Roll lengthwise. Secure with toothpicks.
3. Place rolled chicken breasts into a 9" square pan. Combine chicken broth with remaining 2 Tbsp. of oil. Spoon over chicken. Bake uncovered, basting frequently, until chicken is tender, about 15-20 minutes. Sprinkle with chopped parsley before serving (optional).

Tuna Tacos

This is a kid friendly recipe. Serve all the toppings on the side in small bowls and kids can assemble their own tacos. The toppings can include: cheese, salsa, cut up tomatoes and sour cream. For an even more exciting look, you can use blue corn taco shells.

Ingredients:

- 2 (7 oz.) cans tuna
- 1/2-1 package of taco seasoning, no sugar added, depending on taste
- 1/3 cup hot water
- 1/2 cup shredded cheddar cheese
- Taco shells
- Salsa, no sugar added
- Sour cream

Directions:

1. Heat nonstick pan over medium heat. When warm, add flaked tuna. Sprinkle the taco seasoning over the tuna and add hot water.
2. Stir well until heated through. Fill each taco shell with 2 Tbsp. tuna mixture, top with cheddar cheese, salsa and sour cream.



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