

# Recipe

## Caribbean Chicken & Rice (arroz con pollo)

### INGREDIENTS:

- 1 T. olive oil
- ¼ cup green peppers (diced)
- ¼ cup onions (diced)
- 2 garlic cloves (crushed)
- 2 T. turmeric
- 1 (12.5 oz) can chicken breast  
OR 1½ cups cooked, cubed  
chicken breast
- 1 cup water
- 1 T. powdered chicken bouillon  
OR 1 cube
- pinch of salt
- pinch of pepper
- 1 cup dry white rice (medium  
grain)

\*Caution: Always check for allergies before serving foods. Make substitutions as needed.

### DIRECTIONS:

Away from the children, heat oil in a large pot on medium heat. When hot, add green peppers, onions, and garlic. Mix well and cook until softened. Add turmeric. Drain chicken (if necessary) and add it to the pot. Stir well.

Mix the chicken bouillon and water in a separate bowl and pour into the pot. Add a pinch of salt and pepper to taste. Cover the pot, and let cook until boiling. Add rice and stir. Leave on medium heat until almost all the broth has evaporated. Switch to low heat, stir again, and cover the pot with lid. Let cook on low heat for 20 minutes, or until the rice is soft and fluffy. Let cool and serve. Enjoy



# Recipe

## Banana Spinah Muffins

### INGREDIENTS:

1 cup sliced banana  
2 cups baby spinach  
 $\frac{3}{4}$ cup milk OR dairy  
    alternative  
 $\frac{1}{4}$  cup honey OR pure  
    maple syrup  
2 T. melted butter OR  
    olive oil  
2 eggs  
1 tsp. vanilla extract  
1 cup rolled oats  
1 tsp. baking soda  
 $\frac{1}{8}$  tsp. salt  
1 cup whole wheat flour  
mini chocolate chips  
    (optional)

### DIRECTIONS:

After children have washed their hands, they can help measure and add all ingredients except the flour and optional chocolate chips to a blender. Blend until smooth (only an adult should operate the blender), stopping to scrape down sides as needed. The spinach should be very finely blended in the mixture, similar to making a smoothie.

Add the flour and pulse just until combined. Pour into a muffin tin that has been lined with paper muffin liners. If you are choosing to use chocolate chips, invite the children to help sprinkle some over the top of each muffin. Bake in a 375°F degree oven for 18–20 minutes. Cool before serving. *Note: This recipe makes 12 muffins.*

