

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**4 for \$10
Feed a family of four for under \$10.00**

Chicken Fajitas with Fried Plantains and Kale Salad with Sour Orange Dressing

Ingredients:

For the Fajita:

4 chicken, skin and bones removed
1 tablespoon canola oil **or** olive, divided
1 sour orange **or** lime, juiced, divided (makes about ¼ cup of juice)
2 teaspoons minced garlic
½ teaspoon ground cumin
Pinch EACH salt and pepper
1 red bell pepper, cut into small strips
1 medium onion, sliced thin
8 (5-inch) whole grain corn tortillas
Cilantro, for garnish (optional)

For the Fired Plantains:

2 green plantains
2 tablespoons canola **or** olive oil
¼ teaspoon salt (optional)

For the Kale Salad:

1 medium head of kale (or other green leafy vegetable like spinach, Romaine, or Bibb lettuce)
2 tablespoons canola **or** olive oil
2 tablespoons sour orange juice
1 teaspoon minced garlic
¼ teaspoon salt
¼ teaspoon pepper

Directions:

For the Fajitas:

1. Place the chicken thighs in a medium bowl. Add 1 ½ teaspoon oil, 1 tablespoon sour orange juice, 2 garlic, cumin, salt and pepper. Cover. Marinate 1-24 hours, refrigerated.
2. Heat 1 ½ teaspoons oil in a large skillet. Brown the chicken thighs for 5 minutes on each side until cooked through. Remove from pan. Let cool slightly then cut into strips.
3. Heat 1 ½ teaspoons to the skillet. Add pepper and onions and saute for 3-4 minutes until tender. Add the chicken back to the pan and heat through.
4. Clean the skillet. Heat the pan over medium heat and place 2-3 corn tortillas in the pan and warm, flipping once, about 1 minute. Repeat with remaining tortillas.
5. For each fajita add a scoop of chicken mixture and fold. Garnish with cilantro sprigs, if desired.

For the Plantains:

Preheat oven to 400 degrees. Peel the plantain using a sharp paring knife. Cut into ½ inch slices on an angle. Heat oil in pan over medium-high heat. Add the plantain pieces, do not over crowd the pan, do in 2 batches. Brown about 2 minutes per side. Remove from pan onto a paper towel to absorb fat. Flatten each pieces by pressing down gently with a meat mallet or the bottom of a small pan. Place flattened pieces on a greased sheet pan. Bake for 10 minutes, until crispy.

For the Salad:

1. Chop the kale into small pieces. In a small bowl whisk together remaining ingredients. Toss with kale.

Nutritional Information for 2 fajitas, ½ cup plantains and ¾ cup salad: