

Vegetable Lunch/Dinner Recipe

Rice Cooker

Chicken Salad Taco



Ingredients:	Approx. Cost*
1 boneless skinless chicken breast	\$1.72
1 ear of cooked corn, kernels cut from the cob, or 1- 15 oz can of corn	\$.49
1 tomatillo, (or substitute ½ cucumber) husked, rinsed and chopped	\$.50
1 tablespoon jalapeno, finely chopped	\$.08
¼ cup red onion, finely chopped	\$.25
1 cup jicama, chopped	\$.50
1 avocado, chopped	\$1.00
¼ cup cilantro, chopped	\$.13
Juice of 3 limes	\$1.47
2 teaspoons honey and ¼ teaspoon sugar	\$.50**
3 tablespoons olive oil plus 2 teaspoons	\$.50**
6 corn tortillas, warmed	\$.84
Total:	\$7.98

of servings: 6 **Cost per serving: \$1.33**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Add 1 teaspoon of olive oil to the rice cooker and coat chicken breast with the other teaspoon of olive oil. Season the chicken with salt and pepper. Place the chicken into the rice cooker (do not use a rack), cover and press down “on” button. Cook for 25 minutes then unplug the cooker. While chicken is cooking, in a bowl add corn, tomatillo, jalapeno, red onion, jicama, avocado and cilantro. Whisk the juice of 3 limes and 3 tablespoons olive oil together. Add to the vegetables and toss to coat. When the chicken is cool enough to handle, chop or shred it and add to the bowl. Serve on warm tortillas.

Nutritional Information per serving (1 cup)

Calories	263	% of daily total
Total Fat	13.5 g	
Saturated Fat	2 g	
% of daily total	10 %	
Carbohydrates	33 g	
Protein	7 g	
Fiber	6 g	

Vit A	1	%
Vit C:	22	%
Calcium:	5	%
Iron	15	%
Good source of* <i>Magnesium, Potassium, Riboflavin, Niacin, Vitamin B6, Vitamin E, Folate</i>		
*(10% or more of the RDA)		



based on 2000 calorie diet

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