

What You Will Need

Equipment:

Large skillet or electric frypan
Cutting board and knife
Measuring cups
Measuring spoons
Strainer
Grater
Large spoon
Paper plates, plastic forks, paper napkins

Ingredients:

Vegetable oil (if raw chicken used)
Chicken pieces or canned chicken
Salsa
Instant rice
Whole kernel corn
Cheddar cheese

Other Possible Activities:

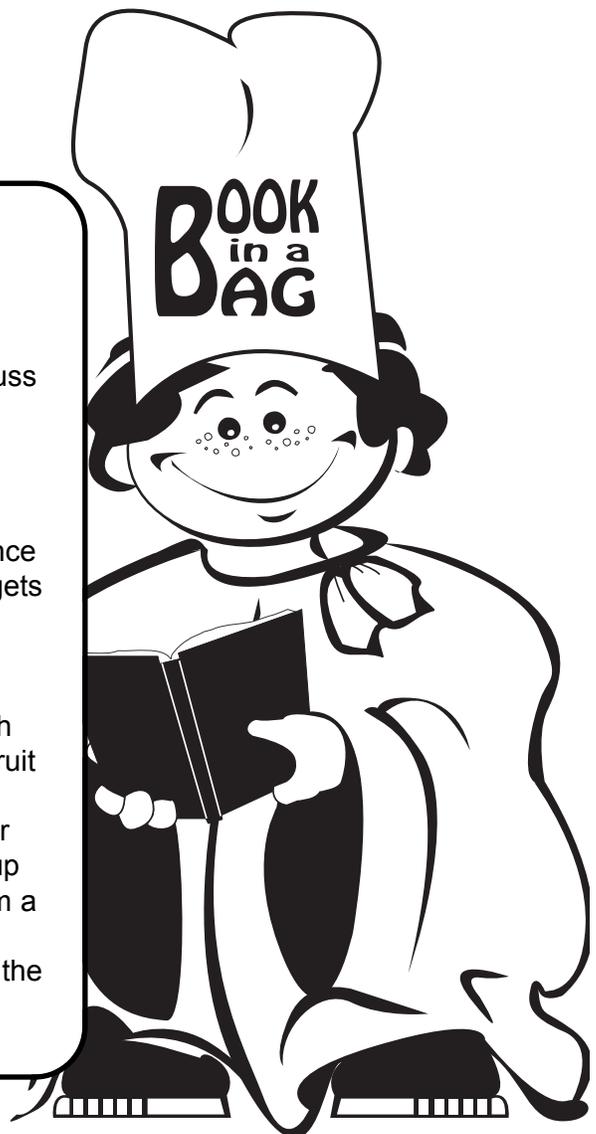
Family favorites game:

Who is in your family? What is each person's favorite food? Have each child write or draw the answers; discuss when those favorite foods might be served – special events, like a birthday? Holiday meal?

Paper plate dancing:

Decorate paper plates, and then encourage kids to dance with their plates – use cultural or seasonal music that gets people moving!! Join in the fun!

Growing in the Garden: This is a marching game, with lively music providing the beat. The leader calls out a fruit or vegetable, and the kids all stretch up high to pick or crouch down low, depending on the food called out. For example, "Apple!" would cause the children to stretch up high, hands above head, pretending to pick apples from a tree. "Beans!" would signal the kids to stoop over low, marching close to the ground, to "pick" the beans from the vines.





Mama's Chicken and Rice

6 servings - 1 cup each

- 1 tablespoon vegetable oil
- 1 pound boneless skinless chicken, diced*
- 2 cups water
- 1 cup thick and chunky salsa
- 2 cups instant rice, uncooked
- 2 cups (15 ounce can) whole kernel corn, drained; or frozen corn, thawed
- 1 cup shredded cheddar cheese, divided

1. Heat oil in large nonstick skillet on medium-high heat. Add chicken and cook until no longer pink.
2. Add water and salsa to skillet and bring to a boil.
3. Stir in rice, corn and 1/2 cup cheese. Reduce heat and simmer for 5 minutes, covered.
4. Sprinkle 1/2 cup cheese on top and serve.

*You can use canned, drained chicken. Omit step #1 and add chicken in step #2.

Nutrition Facts	
Serving Size 1 cup (249g)	
Servings Per Container 6	
Amount Per Serving	
Calories 350	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 4.5g	22%
Cholesterol 65mg	21%
Sodium 720mg	30%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	11%
Sugars 8g	
Protein 27g	
Vitamin A 6%	Vitamin C 6%
Calcium 15%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.



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