



Grocery and equipment list: Mexican chicken salad and rice

MEXICAN CHICKEN SALAD AND RICE– Serves 4

Fridge:

1 cup tomato sauce (I like Victoria White Linen from Costco or Sabatini's from grocery store)
 2 boneless skinless chicken breasts (if you have large eaters, buy 3 or 4)
 2 corn on the cob
 3 oz (1/2 cup) Queso Fresco cheese (or mild feta)
 Dijon mustard
 Fresh cilantro
 Fresh Jalapeno pepper
 Fresh lemon
 Package of Romaine hearts (3 pieces)
 Small red bell pepper

Pantry:

1 avocado
 2 cups cherry tomatoes
 3-4 garlic cloves
 Cumin
 Freshly ground black pepper
 Garlic powder
 Kosher salt
 Long grain white rice
 Low sodium vegetable or chicken broth
 Olive oil
 Paprika
 Red wine vinegar
 Small white onion

Equipment:

Cast iron skillet
 Cutting board
 Fine mesh sieve
 Fork
 Knife
 Large plastic Ziploc bag
 Large plate
 Large serving platter
 Measuring cups and spoons
 Meat tenderizer (or hammer or anything to pound out chicken breast) *You can also ask a butcher to do this for you
 Medium glass jar (or bowl with whisk)
 Small bowl
 Spatula
 Stainless steel saucepan with tight fitting lid
 Tongs