

Meals with Teal #4

Menu:

Winner winner chicken dinner, roasted potatoes, salad

Bonus: Apple fennel salad

Recipes:

Winner winner chicken dinner:

1/4 c TBSP olive oil

2 spoonfuls minced garlic

1 TBSP paprika

1-2 tsp smoked paprika (optional)

1-2 tsp cumin

1/2 tsp red pepper

2 tsp parsley or Italian seasoning

2 tsp salt

1 tsp pepper

1 can garbanzo beans

1 pint cherry tomatoes, cut in half

1 lb chicken breasts

*Mix seasonings with olive oil. Cut chicken into 1 inch pieces and add to marinade. Keep in refrigerator overnight (or several days). Add chicken to garbanzo beans and cherry tomatoes in a baking dish.

*Bake at 375 for 25-30 minutes until chicken is done.

Roasted potatoes:

Microwave potatoes for 5 min and allow to cool until comfortable to cut. Cut in half or quarters depending on size and place on cooking sheet. Spray with olive oil and season with salt and pepper.

*Bake at 375 for 20-30 minutes along with the chicken until golden brown.

Bonus - Apple fennel salad:

3 celery ribs (sliced diagonally 1/4-inch thick)

2 fennel bulbs (trimmed, halved, cored and thinly sliced)

2 Honeycrisp or Granny Smith apples (halved, cored and sliced)
Romaine lettuce, chopped
Toppings of choice (crumbled blue cheese or feta, cranraisons, pine nuts, or suggested topper in grocery list)

Dressing (or use your favorite balsamic vinaigrette):
3 tablespoons extra-virgin olive oil (plus more for drizzling)
2 tablespoons lemon juice (freshly squeezed)
Kosher salt
Pepper

Meals with Teal Video#4:

<https://www.youtube.com/watch?v=9zvXRB20Z8Q>

The "bonus" salad video:

<https://www.youtube.com/watch?v=zE67u5NGVGo>

Grocery List from Safeway:

Condiments, Spice & Bake

Signature SELECT Cumin Ground - 2 Oz \$2.79

Signature SELECT Paprika - 2.12 Oz \$2.79

Signature SELECT Italian Seasoning - 0.75 Oz \$2.79

Signature SELECT Cooking Spray No Stick Olive Oil Extra Virgin Aerosol - 5 Oz \$3.99

Signature SELECT Crushed Red Pepper - 1.5 Oz \$2.00

McCormick Smoked Paprika - 0.9 Oz \$3.99

Signature SELECT Beans Garbanzo - 15 Oz \$1.29

O Organics Organic Garlic Minced - 4.25 Oz \$2.99

Taylor Farms Mediterranean Crunch Chopped Salad Kit Bag - 11 Oz \$4.29

Little Potato Company Dynamic Duo - 3lb \$6.99

Signature Select/Farms Grape Tomatoes - 1 Pint \$3.99

Meat & Seafood

Boneless Skinless Chicken Breast Multi Meal Deal - 1.25 Lb \$4.99 each.

Total: \$46.13

Safeway gift card: \$50

Nutritional Information:

Nutrition Facts: Winner Winner Chicken with potatoes	
Serving Size: 4oz or 1 cup (8 servings per sample)	
Calories 258	
	% Daily Value
Total Fat 7.9g	16.3%
Saturated Fat 0.8g	36.5%
Trans Fat 0.1g	
Cholesterol 55.6mg	6%
Sodium 598.3mg	33.6%
Total Carbohydrates 30.3mg	0.9%
Dietary Fiber 4g	1.8%
Sugar 3.2g	1.6%
Added Sugars 0g	0%
Protein 22.4g	41%
Vitamin D 0%	Potassium 736mg
Vitamin A 2.4%	Vitamin C 37.9%
Calcium 2.3%	Iron 5.2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts: Fennel Salad

Serving Size: 4oz (4 servings per sample)

Calories 82**% Daily Value****Total Fat 5.4g** 14%

Saturated Fat 0.7g 12%

Trans Fat 0g

Cholesterol 0mg 0%**Sodium 13.5mg** 4%**Total Carbohydrates 8.7mg** 0.9%

Dietary Fiber 1.4g 1.8%

Sugar 6.7g 10%

Added Sugars 0g 0%

Protein 0.2g 1%

Vitamin D 0% Potassium 114.5mg

Vitamin A 1.5% Vitamin C 10.3%

Calcium 0.9% Iron 0.6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.