



## Chicken Salad Boats

Sometimes it helps to present food in a fun way to encourage kids to try it! Stuff bell peppers with chicken salad and make a fun boat! The recipe can be easily modified to suit you and your child's tastes.

### Ingredients

#### Dressing

- 1 whole ripe avocado
- 1 large orange
- 1/3 cup olive oil
- 2 tbsp apple cider vinegar
- 1 tsp honey
- 1 tbsp finely chopped fresh cilantro or 1 tsp dried cilantro (optional)

#### Salad

- 1 pound of cooked chicken (use a store-bought rotisserie chicken or baked chicken breast or boneless thighs) \*
- 1 small jalapeño diced; seeds removed (optional) \*leave seeds in for more heat
- 1 cup cherry or grape tomatoes quartered
- 2 stalks of celery, diced
- ½ small sweet onion, diced
- ½ tsp each of salt and pepper

#### Boats

- 2 large bell peppers or 2 large cucumbers or 4 large tomatoes
- 4 pieces of uncooked spaghetti
- 8 large spinach leaves or 4 romaine lettuce leaves

#### Optional Toppings

- ¼ cup sliced almonds
- ½ cup mandarin orange segments
- ½ cup shredded monterey jack cheese

#### Substitutions

- \*Instead of chicken try 2 - 6 oz cans of tuna or 1 can of garbanzo or black beans or canned salmon
- \*Instead of tomatoes and celery try other veggies for example cucumbers, corn, peppers, carrots, jicama. Make it your own!

### Equipment

- |                     |                         |
|---------------------|-------------------------|
| 1 large mixing bowl | Whisk                   |
| Measuring cups      | Knife and cutting board |
| Measuring spoons    | Plate                   |
| Large mixing spoon  |                         |



# Wheeler

Innovative Care. Positive Change.

## Directions

### Veggie Prep

1. With the help of an adult thoroughly clean all your vegetables
2. Set aside orange and avocado for the dressing
3. Quarter cherry tomatoes
4. Dice onions and celery
5. Slice pepper in half and use your hands to remove the seeds and white parts. Cumpers: slice in half then length wise, use spoon or melon baller to remove seeds and some of the flesh to create a hollow area. Tomatoes: carefully slice off the top and use a spoon or melon baller to remove the seeds and flesh from the inside
6. Set aside vegetables

### Dressing

1. With the help of an adult, slice the avocado in half and then quarters, the seed should be easily removed. Then use your hands or a sharp knife to remove the peel. Place in a large bowl and mash with a fork or potato masher.
2. Zest the orange and add to the avocado mixture, be careful not to get the white part of the peel. Slice the orange in half and squeeze the juice into the bowl with the avocado. Use your hands to catch any seeds. Add olive oil, vinegar, honey and cilantro. Use whisk to combine

### Salad:

1. To the dressing add chicken, optional jalapeno, tomato, celery, onion, cilantro, salt and pepper. Mix well until all chicken and veggies are coated.

### Boats:

1. Carefully scoop chicken salad mixture into prepared pepper "boat". Thread spinach leaves onto spaghetti to look like a sail and stick into chicken salad. Serve with a fruit salad for a complete meal and enjoy!

😊 Little helpers: Kids will love mashing and mixing the dressing, let them squeeze the juice from the orange. Have them count the vegetables as you add them to the bowl and stir the salad. Let them decorate their "boats" with extra vegetables, fruit or nuts.

🍏 Health benefits: Serving in a vegetable and adding vegetables into the salad is a great way to increase the servings of vegetables in a meal. Serving foods in fun and creative ways can get kids more excited about eating them. Chicken provides a good source of protein and the avocado is adding an excellent source of heart healthy fats. The tomatoes, orange and peppers are loaded with vitamin C and let's not forget the fiber! Serving with a fruit salad or some whole grain crackers will round out the meals with carbohydrates.