



Roasted Chicken and Grapes

A quick cooking easy dish. The grapes sweeten in the oven and offer a nice balance with the savory flavors. Try this dish with other types of fruit – peaches or apples would be great. If you do not want to turn on the oven, put the chicken, grapes and onions on a skewer and throw them on the grill.

Ingredients

- 1 pound of chicken tenderloins or boneless skinless chicken breast, trimmed and cut into ½ inch cubes
- 2 cups green or red grapes
- 1 small red onion chopped
- 3 garlic cloves, smashed and roughly chopped
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- ½ teaspoon fresh lemon zest
- 1 ½ tablespoons fresh thyme or 1 teaspoon dried thyme
- 1/4 teaspoon salt

Equipment

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| Knife | Microplane or zester |
| Cutting board | Baking sheet |
| Large bowl | |
| Measuring spoons | |

Directions

1. Preheat the oven to 400 degrees.
2. Trim chicken of any fat and cut into ½ inch pieces, set aside. Wash, peel and chop onion. Wash grapes. Peel and roughly chop garlic.
3. Place all ingredients in a large bowl and toss to coat. Evenly spread mixture on rimmed baking sheet.
4. Place in 400-degree oven for 15-20 minutes or until chicken cooked through, internal temperature of 165 degrees

😊 Little helpers: Be cautious when working with young children and raw meat, make sure they are washing their hands and not contaminating the work area. Have kids measure out all the ingredients and combine them. If you are working with young children have them mix all the ingredients except the chicken and then you can add it at the end.

🍏 Nutrition: Chicken is a good source of protein, vitamin B12 and other B vitamins. There is only a small amount of sodium and oil in this dish. The grapes, onions and garlic add some fiber, phytonutrients as well as flavoring the dish.



Wheeler

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Fennel and Cabbage Slaw

A nice crunchy refreshing salad for summer. This dish gets better after it sits for a while, make it at least 30 minutes ahead of time. For a different twist try replacing one or two of the vegetables with apples or jicama.

Ingredients

½ cup apple cider vinegar
¼ cup fresh orange juice
2 tablespoons honey
3 tablespoons canola oil
½ teaspoon salt
¼ teaspoon black pepper
1 small red or green cabbage, washed and slice
1 medium fennel bulb, washed and sliced
¾ cup shredded carrots or 1 large carrot, washed and shredded

Equipment

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| Large bowl | Cutting board |
| Whisk | Measuring spoons |
| Wooden spoon | Liquid measuring cup |
| Knife | |

Directions

1. Wash and slice the cabbage and fennel, grate the carrot if needed and set aside.
2. In a large bowl combine vinegar, orange juice, honey, oil, salt and pepper. Use whisk to combine.
3. Add vegetables to the bowl and toss to coat.
4. Let sit for at least 30 minutes before servings. Stir before serving.

😊 Little helpers: Kids can gather ingredients, measure and combine them. Because this dish involves no cooking it is a good one to have them practice measuring and mixing.

🍏 Nutrition: This dish is high in fiber and provides a good source of vitamins, minerals and phytochemicals from the vegetables. Cabbage is a good source of vitamins C and K, fennel is a good source of vitamins C and A.