

CHEETAH CHICKEN

What you need:

Cheetah Chicken:

1/4 c. cubed chicken breast

1/4 c. cooked brown rice

1/4 c. roasted broccoli & kale

Sides:

1/4 c. mixed tropical fruit

3/4 c. low fat milk

Preparation:

1. Toss cubed chicken breast, broccoli, and kale in light olive oil and light seasonings.
2. Roast mixture in oven at 400° for 22 minutes or until chicken is thoroughly cooked.
3. Place mixture in a bowl with cooked brown rice
4. Accompany with fruit and milk.
5. Enjoy!

** This meal is CACFP approved if it is served with milk.

