

# Caribbean Fiesta!

**Makes:** 1 Servings

“Jamal's maternal grandparents are Jamaican and the Caribbean flavors are a normal part of our food,” says Jamal's mom, Kathy. “He also loves tacos, but the shells can be high in sodium. Jamal found a way to significantly lower the sodium of his favorite dish by using the blue corn tortilla chips and because the dish is open, he adds even more vegetables and beans. Jamal already had a high blood pressure reading and we have a very strong family history of high blood pressure and diabetes on both sides. Jamal is very aware of the health concerns of his family and ethnicity. If he can make his food healthier, then he believes he'll live a more active life where he can keep doing all the fun things he loves to do.” Jamal likes to serve this dish with a fruit salad.

## Ingredients

- 1 tablespoon** olive oil
- 1** chicken tender, cut into bite-sized pieces
- Dash of seasonings like curry, allspice, and scotch bonnet pepper sauce (optional)
- 8** blue or yellow corn tortilla chips
- 1/4 cup** pinto and/or black beans, rinsed and drained
- 4** grape tomatoes, chopped
- 1/2** orange bell pepper, seeded and diced
- 1/3** green onion, peeled and chopped
- 1 ounce** low-fat shredded cheddar jack cheese

## Directions

1. **In a nonstick skillet**, warm the olive oil over medium heat. Add the chicken, season with optional spices, and cook for about 5 minutes, or until cooked through.
2. **Evenly spread** the tortilla chips on a plate and evenly distribute chicken, beans, tomatoes, bell peppers, and



## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	371	
Total Fat	21 g	
Protein	24 g	
Carbohydrates	22 g	
Dietary Fiber	5 g	
Saturated Fat	4 g	
Sodium	275 mg	

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

Vegetables	1 cup
Grains	1/2 ounce

green onions. Top with cheese and microwave for 1 minute or until cheese is melted.

The 2016 Healthy Lunchtime Challenge Cookbook