

Mile-High Mission-Style Chicken Burrito

SERVES 6

Kids can grate the cheese, mash the avocados, shred the chicken, tear the lettuce and assemble their own burritos. If preparation takes longer than planned, it's okay to leave out a filling or two! Just remember to enjoy the process. It's as much about the journey as the delicious destination. Many fillings can also be prepared ahead of time.

- 1 cup (250 mL) brown rice
- 1 1/2 cups (350 mL) low-sodium vegetable stock
- 3/4 cup (180 mL) water
- 1 1/2 Tbsp (22 mL) paprika, divided
- 4 boneless, skinless chicken breasts
- 1/2 tsp (2 mL) dry mustard
- 1/2 tsp (2 mL) chili powder
- 1/2 tsp (2 mL) garlic powder
- 1/4 tsp (1 mL) pepper
- 1/8 tsp (0.5 mL) salt
- 6 - 7 in (18 cm) whole wheat tortillas
- 3/4 cup (180 mL) grated low-sodium Monterey Jack cheese
- 1 cup (250 mL) grated or finely chopped purple cabbage (optional)
- 1 1/2 cups (350 mL) cooked or canned no-salt black beans, drained and rinsed

For rice, combine rice, stock, water and 1 Tbsp (15 mL) paprika in medium pot. Bring to a boil over high heat. Stir, cover and reduce heat to low for 40 minutes. Remove from heat but keep covered until ready to serve.

For chicken, preheat oven to 400 F (200 C). Combine spices (including remaining paprika) in small bowl to make chicken rub. Coat each chicken breast with one-quarter of the rub. Place in baking dish or on wire rack, which will allow excess chicken fat to collect in the dish below. Bake 30 minutes, turning halfway through if not on a rack, or until the chicken's internal temperature reaches 165 F (74 C) and the juices run clear. Transfer to plate and let cool for at least 5 minutes, then shred chicken with two forks by tearing chicken lengthwise. Cover and reserve until ready to serve.

When chicken comes out of oven, lower heat to 250 F (120 C). Wrap tortillas in damp dishtowel, place in casserole dish and warm in oven for 20 minutes. Turn off heat and leave in oven until ready to serve.

Grate cheese onto small plate. Grate cabbage, if using, onto another small plate.

Heat black beans with 2 Tbsp (30 mL) water in small pot. Transfer to serving bowl. Arrange with other burrito fillings on table.

Place small amounts of fillings in any order on warm tortilla. Fold bottom edge over fillings, followed by folding in the 2 sides. Finish by optionally rolling the whole burrito away from you to close the top (if the burrito's not already overflowing!). Don't forget the napkins.

EACH SERVING CONTAINS (EXCLUDING SALSA FRESCA AND GUACAMOLE): 507 calories; 48 g protein; 12 g total fat (4 g sat. fat, 0 g trans fat); 52 g total carbohydrates (0 g sugars, 7 g fibre); 476 mg sodium



Salsa Fresca

SERVES 6

- 4 medium tomatoes, diced and drained
- 1/2 red hot chili pepper, seeded and diced (optional)
- Pinch of organic natural raw-style sugar (optional; use if tomatoes are very acidic)
- 1/8 tsp (0.5 mL) salt
- Juice of 1 lime
- 1/2 cup (125 mL) chopped cilantro

Strain diced tomatoes in large sieve and let drain. Combine remaining salsa ingredients in medium bowl. Add strained tomatoes. Taste and adjust seasonings.

EACH SERVING CONTAINS: 15 calories; 1 g protein; 0 g total fat (0 g sat. fat, 0 g trans fat); 3 g total carbohydrates (2 g sugars, 1 g fibre); 63 mg sodium

Guacamole

SERVES 6

- 1 ripe avocado
- Juice of 1 lime
- 1/8 tsp (0.5 mL) salt
- 1 green onion, white and green parts, thinly sliced
- 1/2 cup (125 mL) finely chopped cilantro

Mash avocado in bowl. Add lime juice, salt, onion and cilantro. Taste and adjust seasonings.

EACH SERVING CONTAINS: 54 calories; 1 g protein; 5 g total fat (1 g sat. fat, 0 g trans fat); 3 g total carbohydrates (0 g sugars, 2 g fibre); 52 mg sodium >