



From the Kitchen of Executive Chef Jessica VanRoo



Salsa Chicken Stuffed Pita and Summer Fruit Skewers

Serves 4

485 calories per serving

Description

These stuffed chicken pitas and fruit skewers are also fun for kids to help make. They can spoon ingredients into the pita pocket or sprinkle the cheese on top. Older kids can have fun playing with colorful combinations of fruit as they build the skewers.

This simple, savory chicken is seasoned with spices found in most pantries and can be used in many recipes, including the [Rainbow Lunch Bowl](#). You can also prepare larger batches to freeze, saving time when you need to prepare a quick meal.

Combining chicken with black beans makes this meal a great source of lean protein. Add spinach and you've boosted the nutrient load with antioxidants that benefit eye health, reduce oxidative stress, help prevent cancer and lower blood pressure.

Did you know that avocados are actually berries related to the cinnamon tree? They also happen to be rich in fiber, healthy fats, vitamins C, E and B6, potassium, magnesium and folate, which aid in gut health and protect the heart.

Summer is the season for peaches, which are packed with antioxidants — beneficial plant compounds that combat oxidative damage and help protect your body against aging and disease. The fresher and riper the peach, the more antioxidants it contains. Blueberries are considered a superfood. It's particular superpower is a group of flavonoids called anthocyanins, shown to directly increase antioxidant levels in the body.

Total cost: \$18.71/\$4.68 per serving



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Pita

- 2 cups salsa chicken
- 1 cup corn, defrosted if frozen; rinsed and drained if canned
- 1 cup cooked black beans; rinsed and drained if canned
- 4 whole wheat pitas, cut in half
- ½ cup shredded cheese
- 1 cup baby spinach or lettuce, chopped
- 1 avocado, sliced
- 1 lime (quartered, optional)
- Extra salsa, if desired

Summer Fruit Skewers

- 12 wooden skewers
- 4 peaches, sliced
- 24 blueberries
- 24 grapes

Salsa chicken

- 2 lbs. boneless skinless chicken breasts
- 1 ¾ cup or 16 oz. salsa, fresh or jarred
- 1 tablespoon garlic powder
- 1 teaspoon cumin
- 1 ½ teaspoon chili powder (NOT cayenne)
- 1 ½ teaspoon oregano
- 1 teaspoon salt
- ½ teaspoon black pepper



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Chicken

- Combine garlic powder, cumin, chili, oregano, salt, and pepper and season chicken breasts.
- Add salsa to an Instant pot, place seasoned chicken on top of salsa.
- Cover instant pot and cook on high pressure for 10-12 minutes, allowing it to release naturally.
- Remove chicken from sauce, shred (adding a little more sauce to chicken as desired).
- To make on the stove, cook salsa and chicken in a pot with fitted lid over medium heat to internal temperature of 165 degrees, about 8-10 minutes. (Do not overcook or chicken will get tough and dry.)
- To prepare in a slow cooker, heat on low for 4-6 hours.

Pita Pockets

- Combine salsa chicken with corn and black beans in a large bowl, mix well.
- Stuff each pita half full with chicken filling.
- Top with cheese, spinach or lettuce and avocado slices.
- Serve with extra salsa on the side, if desired.

Next, skewer fruit and serve or refrigerate until serving time. (Freeze them for an extra special treat!)