

Jackie Shere's Recipes | Mentoring Nights, Session 3

You will love these high protein, quick and crowd-pleasing meals!

Chicken Fajita Bowl

Ingredients

1 red onion, sliced
2 bell peppers, sliced
2-3 chicken breasts
2-3 tbsp taco seasoning
2 cups bone broth
1 cup jasmine rice
1 handful chopped cilantro
1 lime
Olive oil
Salt + Pepper to taste

Serve with: Shredded lettuce, Shredded cheese, Sour Cream, Salsa, Avocado

Method

1. Put a little oil in a large skillet. Add sliced onions and bell peppers and sauté over medium heat.
2. Slice the chicken and add to the skillet; add taco seasoning to taste.
3. While chicken cooks, prepare the rice. Put bone broth in a 2qt saucepan and bring to a boil. Rinse the rice in a sieve until the liquid runs clear. Add rice to broth, stir and allow it to come to a boil again. Reduce heat to low, cover and let cook for about 20 minutes, until liquid is reduced and rice is tender.
4. Keep an eye on the chicken and continue to stir. Cover chicken and peppers; cook on low until chicken reaches an internal temperature of 165°.
5. When rice is finished, add chopped cilantro and squeeze the juice of a lime into it. Season with salt and pepper.
6. To plate, put a spoonful of rice in a bowl. Add chicken and vegetables and garnish with preferred toppings—or put everything in a burrito shell!

Chicken Lettuce Wraps

Ingredients

1-2 tablespoons sesame oil
2-3 shallots, minced
3-4 green onion stalks, sliced thin
2-3 garlic cloves, grated with a zester
1-2 teaspoons grated ginger
1 heaping cup shredded carrots
1 pound ground chicken
2-3 tablespoon coconut aminos or soy sauce
3 T water
1 tablespoon brown sugar
1-2 tablespoon sweet chili sauce
1-2 teaspoon cornstarch
1 head of iceberg lettuce
Handful toasted cashews

Method:

1. Add sesame oil to a large skillet on medium heat. Add in minced shallots, sliced green onions, and grated ginger and garlic. Cook, stirring, until fragrant.
2. Add shredded carrots to pan and cook for a minute.
3. Add ground chicken and let cook.
4. While chicken cooks, in a small bowl, mix water, brown sugar, sweet chili sauce and cornstarch. Whisk together until combined. Add liquid to the chicken and stir.
5. Allow chicken to cook for 10 minutes covered on medium to low heat. The sauce should become thickened and glossy.
6. Cut iceberg in half and gently pull off lettuce cups. Rinse and set aside for plating.
7. Once chicken is cooked, season with salt and pepper to taste. Place in lettuce cups and top with toasted cashews.