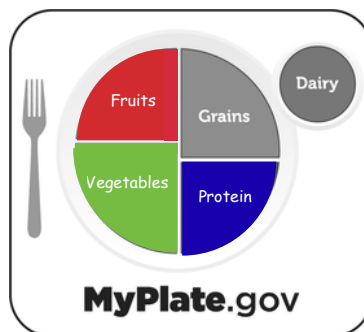
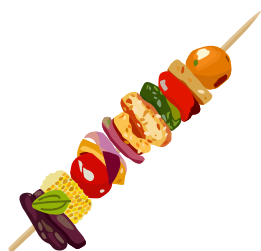


## CHICKEN SKEWERS



This recipe  
has 3 food  
groups

### Tools

				
Cutting board	Knife	Mixing bowl	Parchment paper	Baking sheet
				
Oven	Skewers	Measuring spoons	Whisk	Optional rubber gloves

### Ingredients

				
Chicken breast	3 tbsp olive oil	1 tbsp lemon juice	1 tbsp mustard	<u>Chicken and Fish Max Mix</u>
				
Vegetables	Optional pineapple			

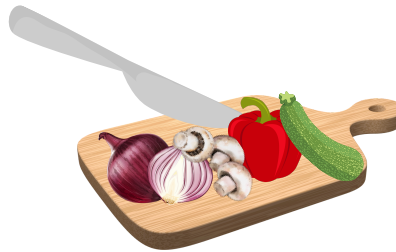
# Instructions

## Step 1



**Preheat your oven to 400 degrees and wash your hands.**

## Step 2



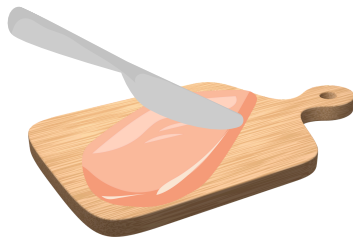
**Cut vegetables and optional pineapple into bite-sized chunks.**

## Step 3



**Combine oil, mustard, lemon juice, and spices in a bowl to create the marinade.**

## Step 4



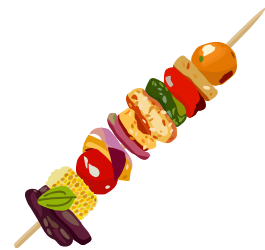
**Cut the chicken into bite-sized chunks.**

## Step 5



**Add it to the bowl with the marinade. Let it marinate for at least 15 minutes. You can also marinate it overnight.**

## Step 6



**Put the pieces of chicken and vegetables on the skewers.**

## Step 7



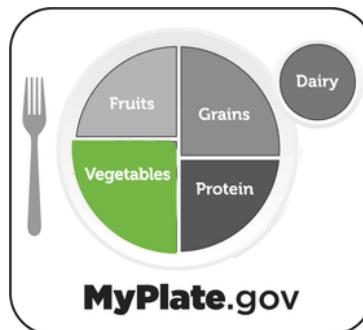
**Add parchment paper to the pan. Place skewers on top.**

## Step 8



**Bake for 20 minutes.**

## SWEET POTATO FRIES



This recipe  
has 1 food  
group

### Tools

				
Cutting board	Knife	Mixing bowl	Parchment paper	Baking sheet
				
Oven	Peeler	Large spoon		

### Ingredients

				
Sweet potatoes	Olive oil	<u>Steak Max Mix</u>		

# Instructions

## Step 1



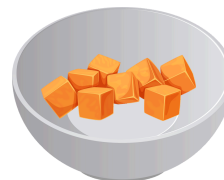
Peel the sweet potatoes.

## Step 2



Chop the sweet potatoes into ½ in wide strips or bite-sized cubes.

## Step 3



Put the chopped sweet potatoes into the mixing bowl.

## Step 4



Add the olive oil and Max Mix spices.

## Step 5



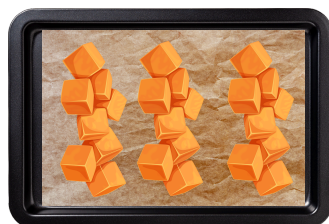
Stir everything together.

## Step 6



Add parchment paper to the pan.

## Step 7



Add sweet potatoes to the parchment-lined pan.

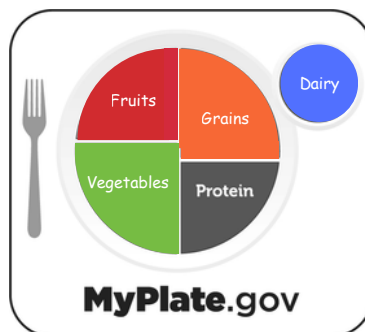
## Step 8



Bake the sweet potatoes in the oven for 30 minutes at 425 degrees.




## NAPA SALAD



This recipe  
has 4 food  
groups

### Tools

				
Cutting board	Knife	Mixing bowl	Measuring spoons	Plate
				
Small pot	Fork	Large spoon		

### Ingredients

				
1 cup quinoa	1 cup cherry tomatoes	Feta cheese	1 napa cabbage	1-2 tbsp lemon juice
				
1/2 tsp oregano	1/2 tsp salt	2-4 tbsp of olive oil		

# Instructions

## Step 1



Put quinoa in the pot and cover with two inches of water.

## Step 2



Set to boil and then reduce to simmer. Cook for 10 minutes or until the quinoa has burst.

## Step 3



Stir quinoa.

## Step 4



While the quinoa is cooking, remove the outer leaves and slice the napa cabbage into thin strips.

## Step 5



Place the cut cabbage into the bowl.

## Step 6



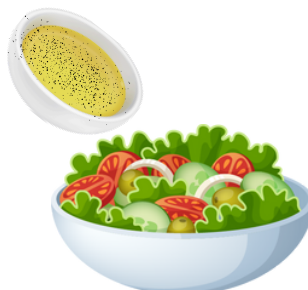
Add the tomatoes, crumbled feta, and quinoa.

## Step 7



Mix lemon juice, oregano, olive oil, and salt.

## Step 8



Dress the salad.

## Step 9



Serve.