



*Chef Sydney Tyner,
Age 11*

“I’m just a normal kid, so when my stepmom got breast cancer I was scared. When I found out we were going to change our eating habits to be healthier I was mad,” says Sydney. “But once we started eating healthy, I realized it wasn’t a bad thing at all. I love tacos and I came up with this new version so I could still eat healthy and have my favorite food. In the summer we use vegetables out of our own garden. It tastes even better then.”

Pennsylvania



Chicken Taco Tower

Makes 6 Servings • 316 calories • 19g fat • 24g carbohydrates • 17g protein

INGREDIENTS

For the Chicken Taco Meat:

- 2 tablespoons olive oil
- ½ cup peeled and diced onion
- ⅓ cup diced green bell pepper
- 1 garlic clove, peeled and minced
- 1 pound ground chicken
- 1 tablespoon chili powder
- ½ teaspoon ground cumin
- ½ cup fat-free refried beans
- 1 tablespoon chopped fresh cilantro
- ¼ teaspoon lime juice
- Pinch of salt
- 6 (6-inch) corn tortillas
- Shredded low-fat cheddar cheese, for serving
- Shredded romaine lettuce, for serving

For the Corn and Avocado Salsa:

- 1 ear of corn, shucked
- 1 avocado, peeled and diced
- ½ diced tomato
- 1 tablespoon peeled and minced onion
- 1 tablespoon chopped fresh cilantro
- ¾ tablespoon lime juice
- Salt to taste

PREPARATION

- To make the Chicken Taco Meat:** Preheat the oven to 350°F. In a large nonstick skillet, heat 1 tablespoon of the olive oil over medium heat. Add the onion and bell pepper and sauté for about 3 minutes. Add the garlic and cook for 2 minutes, then add the chicken and cook, breaking the meat up with a wooden spoon, for about 10 minutes, or until the chicken is cooked through. Add the chili powder and cumin and cook for 1 minute. Add ¾ cup water and bring to a boil. Reduce the heat to low and simmer until the water is almost gone. Stir in the refried beans and cook for about 3 minutes, or until the beans are incorporated. Add the cilantro, lime juice, and salt.
- Lightly grease** both sides of the tortillas with the remaining 1 tablespoon olive oil and place on a large baking sheet. Bake for 15 minutes, or until crisp.
- To make the Corn and Avocado Salsa:** In a medium bowl, combine all the salsa ingredients.
- To assemble the Taco Tower:** Divide the turkey-refried bean mixture among the baked tortillas. Top with cheddar cheese and romaine lettuce. Finish with a heaping tablespoon of the corn and avocado salsa.



*Chef Felix Gonzalez,
Age 11*

“One day I was very hungry after my soccer practice so I was inspired to create a nutritious chicken meal that was easy to prepare,” says Felix. “I decided to make this dish as a wrap because I was thinking about the fun times when my dad wrapped me up as a burrito with a blanket when I was a small child. This recipe is versatile because I can change the chicken for fish, or just make it a salad not using the tortilla. This plate goes perfectly with a nonfat Greek yogurt with berries.”

Puerto Rico



Wrap It Up

Makes 2 Servings • 427 calories • 17g fat • 44g carbohydrates • 27g protein

INGREDIENTS

For the Chicken:

- 4 ounces skinless, boneless chicken breast, thinly sliced
- Pinch salt and pepper
- Pinch garlic powder
- Pinch dried cilantro or parsley
- 1 teaspoon olive oil
- ¼ cup peeled and minced onions
- ¼ cup minced red and green bell peppers
- 2 high-fiber tortillas

For the Salad:

- 1 cup romaine lettuce
- ¼ cup minced tomatoes
- ¼ cup corn
- 1 tablespoon sliced almonds
- 1 tablespoon sweetened dried cranberries
- 1 tablespoon low-fat feta cheese or low-fat mozzarella-cheddar cheese blend
- 1 teaspoon of cranberry-almond vinaigrette

PREPARATION

- To make the Chicken:** Place the chicken in a large bowl, and season with salt, pepper, garlic powder, and cilantro. In a large sauté pan, heat the olive oil over medium heat. Add the onions and red and green bell peppers and sauté for about 5 minutes. Add the chicken and sauté for 10 minutes, or until light brown and cooked through.
- To make the Salad:** In a medium bowl, mix the lettuce, tomatoes, corn, almonds, cranberries, cheese, and vinaigrette. Warm the tortillas in the microwave or heat them in a pan. Put half of the salad mix and chicken in each tortilla. “Wrap it up” and enjoy. For a “berry” happy ending, serve a small cup of yogurt with berries!