



TOMATOES

IN SEASON

June - October

HOW TO SELECT

Choose tomatoes that are slightly firm to the touch, free of wrinkles or bruises & have bright, shiny skins.

HOW TO STORE

For best flavor, tomatoes should be stored on the counter-top at room temperature up to 1 week. Refrigerating tomatoes can cause them to lose flavor & develop a gritty texture.

HELPFUL TIP

Flavors continue to develop up to a few days after picking. Make sure to enjoy shortly after your trip to the farmers market!

SPICY CHICKEN & AVOCADO SALSA



Nutrition Facts

1 in 1 certified

Serving size: 1/4th recipe (253g)

Servings Per Recipe 4

Amount Per Serving

Calories 340 Calories from Fat 160

% Daily Value

Total Fat 17g 25%

Saturated Fat 2.5g 15%

Trans Fats 0g

Cholesterol 60mg 20%

Sodium 135mg 6%

Total Carbohydrate 26g 8%

Dietary Fiber 5g 20%

Sugars 2g

Protein 24g

Vitamin A 8% Vitamin C 25%

Calcium 4% Iron 4%

30 MIN | SERVES 4

INGREDIENTS:

- 1 cup instant brown rice
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper
- 1 lb boneless, skinless chicken breasts
- 2 Tbsp olive oil
- 1 medium red onion, finely diced
- 1 **TOMATO**, diced
- 1 lime, juiced
- 1 avocado, diced

PREPARATION:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. In a small bowl, mix black & cayenne pepper. Coat chicken with pepper mixture.
3. In a large skillet, heat oil over medium. Add chicken & cook 10-12 minutes per side, or until browned on outside & done throughout.
4. Meanwhile, in a medium bowl mix onion, tomato, & lime juice. Set aside.
5. Just before serving, stir avocado into onion mixture. Serve chicken over rice & top with salsa.



Cooking Video @ onieproject.org/videos