**Coconut Rice**

Ingredients: Equipment:

1 c. white (or jasmine scented) rice Medium saucepan w/ lid

1 c. water Measuring cups (dry/liquid)

1 can coconut milk Measuring spoons

2 T. freshly chopped cilantro

½ tsp. salt

½ tsp. vegetable oil

2 tsp. shredded coconut (optional)

Directions:

* In the medium saucepan, add the vegetable oil and let it coat the bottom of the pan
* Place rice, coconut milk, water, shredded coconut, and salt in the pot and set over medium-high to high heat. Stir occasionally to keep rice from sticking to the bottom of the pot and burning.
* Bring the rice mixture a boil
* Once the rice begins to boil, cover with the lid and turn down to low heat and let it *simmer* for 15-20 minutes
* **DO NOT take the lid off the rice** until it is done (the water is all out and the time is up).
* **Check the rice for doneness at 15 minutes. DO NOT let it burn!**
* If your chicken is not ready yet, take the rice off the heat but leave the lid on (this will keep the rice heated for up to an hour)

**Mango Chicken Kabobs**

Ingredients:

1 marinated chicken breast (it has already been marinated)

 **Marinade: ¼ c. lime juice, 1 tsp. lime zest (1 lime), 2-3 tsp. honey (1 T), ¼ tsp. cayenne pepper, 2 tsp. chili powder, ½ tsp. salt, 2 T. vegetable oil, chopped cilantro**

1 mango

1 red bell pepper

½ red onion

1 green bell pepper

1 lime

Directions:

1. Before pre-heating your oven, put the rack on the top level.
2. Preheat oven to Broil.
3. Soak your wooden kabob sticks in water
4. Line the cookie sheet with tin foil.
5. Cut the marinated chicken breast into 1-inch chunks (bite-sized). **RED CUTTING BOARD.**
6. Peel the mango and cut the flesh away from the pit. Chop the flesh into bite size pieces. **GREEN CUTTING BOARD**
7. Chop the red and green bell peppers into thin strips. **GREEN CUTTING BOARD.**
8. Finely chop the onion
9. On the kabob sticks, alternate chunks of the chicken, bell peppers, red onion, red bell pepper and mango.
10. Brush the marinade from the bag on the entire kabob contents.
11. Place the kabobs on the foil-lined cookie sheet and place in the oven
12. Cook the kabobs for 5 minutes, then pull them out and rotate them to the other side.
13. Cook another 3-5 minutes.
14. Cut the lime into slices for each person to garnish their food.
15. When the chicken is cooked thoroughly, serve the mango chicken kabobs with the rice while both are still hot.