

Episode 8:

Turkey Meatloaf (Carne Mechada de Pavo) & Breaded Chicken Tenders (Pedazos de Pollo Empanado)

- Chef Julie

TURKEY MEATLOAF

Ingredients:

- Ground Turkey
- Grated Carrots
- Chopped Red Peppers
- Cheese
- Chopped Red Onions

Instructions:

1. Preheat the oven to 365 degrees
 2. In a bowl mix the ground turkey, grated carrots, chopped red peppers, cheese, and chopped red onions.
 3. Shape into a loaf and place on oven pan.
 4. Cook in oven for 30-45 minutes.
-

BREADED CHICKEN TENDERS

Ingredients:

- Wheat Flour
- 2 Eggs Beaten with 1 Cup of Water
- Bread Crumbs

Instructions:

1. Preheat the oven to 400 degrees
2. Prepare the Bowls:
 - A. Pour flour into one bowl and Bread Crumbs into another.
 - B. Beat 2 eggs and mix 1 cup of water into the last bowl.
3. Start Breading:
 - C. Cover the boneless chicken into the wheat flour bowl.
 - D. Then dip the chicken into the egg bowl.
 - E. Lastly cover the chicken with the bread crumbs.
 - F. Lay the chicken on an oven pan.
4. Cook in oven for 15-20 minutes.

BREADED CHICKEN TACOS (Taco de Pollo Empanado)

Ingredients:

- Tortilla (soft or hard taco shells)

- BE CREATIVE! Add anything that you like; here are some ideas:
 - Lettuce
 - Tomatoes
 - Prepared beans with pepper
 - Hot sauce

Instructions:

1. After cooking the Breaded Chicken Tenders. Take the chicken and place it on some taco shells.
2. Then simply add any ingredients that you like.