**Episode 8:**

**Turkey Meatloaf** (Carne Mechada de Pavo)
& **Breaded Chicken Tenders** (Pedazos de Pollo Empanado)
- Chef Julie

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**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.

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**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.
**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.