

Chicken with corn (Pollo Con Choclo - Brazilian recipe)
Concepcion Mattey - DFAIT/MAECI

Ingredients:

- 4 Boneless Chicken Breasts cut in half
- 2 Cans of nibbles corn (300ml. each) drained
- 500ml. Whipping Cream
- 680 ml. canned diced tomatoes
- 1 whole onion chopped
- 3 gloves of garlic mashed
- 1 cup of oil
- 6 whole potatoes, peeled and either boiled or fried in oil
- 2-3 cups of cooked rice
- Fresh, grated, Parmesan cheese

Instructions:

- Add salt and pepper to chicken breasts and fry in oiled pan
- When chicken is browned, add onion, garlic
- When garlic and onions are cooked, take out the chicken
- Add tomatoes to the garlic and onions, fry for 15-20 minutes
- Put chicken in a baking dish
- Blend garlic, onion and tomato mixture and pour on chicken breasts
- Blend two cans of corn, together with the whipping cream
- Add blended corn and cream on chicken, garlic, onion, tomato mixture
- Sprinkle lots parmesan cheese on top
- Bake at 350 degrees until top is golden brown
- Serve with potatoes and rice as side dishes

Chicken Wrap - Balsamic Mozzarella
Beyan Al-Ghosen – DFAIT/MAECI

Ingredients:

- 1 cup each: sliced Roma and yellow tomatoes
- 1/2 cup Kraft Part Skim Mozzarella Shredded Cheese
- 1/4 cup chopped fresh basil
- 2 Tbsp. Kraft Signature Calorie-Wise Balsamic Vinaigrette Dressing
- 4 whole wheat tortillas (7 inch)
- 2 Tbsp. Miracle Whip Calorie-Wise Dressing
- 2 small boneless skinless chicken breasts (1/2 lb./250 g), cooked, cut into strips

Instructions:

- Mix tomatoes, cheese, basil and vinaigrette dressing; set aside
- Spread tortillas evenly with Miracle Whip; top with chicken and mixture
- Fold over sides of tortillas and roll up from bottom to top of tortillas