

Pantry Recipes

Easy, nutritional, and delicious recipes using basic items often found in the St. Michaels Community Center's pantry.

Cuban Chicken

Prep Time: 15 min. | Cook Time: 15 min. | Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 cloves garlic
- 1 can diced tomatoes
- 12 oz canned chicken, drained
- ½ cup red bell pepper
- ½ cup raisins
- ½ green onion, sliced
- 1 Tablespoon red wine vinegar
- 1 teaspoon ground oregano
- ¼ teaspoon ground cumin

Directions:

1. Heat oil in a large skillet over med-high heat. Cook and stir onions until tender, about 5 minutes. Add garlic continue to cook and stir 1-2 minutes.
2. Stir in tomatoes, chicken, red bell pepper, red wine, raisins, oregano, and cumin into the onion mixture, and cook until heated through 5-7 min. Remove from heat.

Serve over rice, fresh veggies or with a garden salad.



Executive Chef Kerri Clear
St. Michaels Community Center



Nutrition Facts

1 Serving	
Serving Size - 1/2 cup (4oz)	
Amount per serving	
Calories	308
% Daily Value (DV)*	
Total Fat 13g	10%
Saturated Fat 3g	13%
Cholesterol 53mg	18%
Sodium 1013mg	44%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	12%
Total Sugars 18g	8%
Protein 21g	21%
Potassium 552mg	12%
Calcium 93mg	7%
Iron 5mg	27%
Vitamin C 39mg	193%
*The % Daily Value (DV) tells you how much a nutrient in a serving of foods contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.	



The St. Michaels Community Center's mission is to serve, empower, and connect the community, with year-round programs and activities.

Community Cafe and Pantry Hours:

Mondays, 4-6 p.m., Wednesdays and Fridays 1-3 p.m.