

MEEL



INGREDIENTS:

1 lb. chicken breasts, halved crosswise
2-3 Tbsp. olive oil
1½ Tbsp. jerk seasoning, divided
1½ Tbsp. fresh lime juice, divided
Tortillas, for serving

FOR SERVING:

¼ cup red onion, minced
2 cups pineapple, diced
2 cups cabbage, shredded or thinly sliced
Cilantro
Lime wedges, for serving

JERK AIOLI:

½ cup mayonnaise
1 Tbsp. jerk seasoning
1½ tsp. lime juice

1. Marinate the chicken: In a small bowl whisk together the olive oil, 1½ tablespoons jerk seasoning (reserve the rest for aioli), a pinch or two of cayenne (optional) and 1½ tablespoons lime juice. Add the chicken breasts and stir to coat with marinade.

2. Cook the chicken: To grill, preheat grill to high heat. Reduce heat to medium and place the chicken on the grill, cooking 10 minutes on each side or until a meat thermometer reads 165°. To cook in the oven, preheat to 425°. Place the chicken in a single layer in a baking dish and bake until the chicken has an internal temperature of 165°, about 20-25 minutes.

3. Jerk aioli: In a small bowl, whisk the mayonnaise with 1½ teaspoons lime juice, the remaining jerk seasoning (1 tablespoon), and a pinch or two of cayenne (optional).

4. To serve: Slice the chicken into thin pieces. Warm the tortillas. Fill each taco with chicken, onion, pineapple, cilantro and cabbage. Drizzle with jerk aioli sauce and enjoy!



MEAL

summer squash quesadillas

INGREDIENTS:

- 3 Tbsp. olive oil, plus more for frying quesadillas
- 4 garlic cloves, thinly sliced
- ½ tsp. red pepper flakes (optional)
- 2 lb. summer squash, halved & thinly sliced
- Sea salt
- 1 lime, halved
- 8 oz. monterey jack, grated
- 12 corn tortillas

FOR SERVING:

- Sliced avocado
- Cilantro, chopped
- Lime wedges
- 1 jalapeño, thinly sliced

1. Heat a large skillet over medium. Once hot, add oil. Add garlic and cook, stirring, until just golden, about 30 seconds. Add zucchini/squash, 1 teaspoon salt, and red pepper flakes (optional) and increase heat to medium-high. Cook, turning over occasionally, until zucchini becomes soft and starts to break down, about 5 minutes. Reduce heat slightly and cook 7-10 minutes more, at which point the zucchini will be jammy and very tender. Taste for seasoning and add about ¼-½ teaspoon more salt. Remove from heat, add the juice of half a lime, and let cool slightly while preparing toppings and grating cheese.

2. Add cheese to zucchini/squash mixture and mix. Lay out 6 of your tortillas and divide the filling between them, going all the way to the edges. Place remaining 6 tortillas on top.

3. Heat a griddle or large skillet of your choice over medium and add a tablespoon of oil. Cook quesadillas in batches until golden and crisp underneath, letting whatever cheese seeps out cook and crisp in the pan. Flip and repeat on second side. Squeeze the juice of the remaining lime half over them. Serve with additional lime wedges, avocado, cilantro, and jalapeno.