



Spicy Chicken Picadillo

Serving Size: 1 cup

Yield: 4 servings

Ingredients:

- 1 pound skinless, boneless chicken breast, ground in food processor
- 2 tsp. olive oil
- 1 cup chopped onion
- 1 ½ tsp. ground cumin
- ¼ tsp. ground cinnamon
- 3 garlic cloves, minced
- 1 cup salsa, any variety
- 1/3 cup golden raisins
- ¼ cup slivered almonds
- ¼ cup chopped fresh cilantro



Directions:

1. Heat oil over medium-high heat.
2. Add onion and cook for 3 minutes, stirring occasionally.
3. Add chicken, cumin, cinnamon, and garlic.
4. Cook for 3 minutes or until chicken is done, stirring frequently.
5. Stir in salsa and raisins.
6. Cover, reduce heat, and simmer for 5 minutes or until thoroughly heated.
7. Stir in almonds and cilantro.

Nutrition Information per Serving Calories: 257 Fat: 7.5g Carbohydrate: 19g Protein: 30g Fiber: 3g Sodium: 462mg

Source: Cooperative Extension Service, www.extension.org



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