



Tropical Storm Chicken Tacos

Tonight, gather your family for Tropical Storm Tacos & prepare more than just dinner.

Preparing for Hurricanes:

- Gather your family tonight & make your evacuation plan for a hurricane.
- If you aren't in an evacuation area make sure you have adequate supplies in case you lose power and water for several days.

www.Ready.gov/Hurricanes

Ingredients (serves 4):

Jerk Chicken Marinade

½ tsp	Ground cinnamon
½ tsp	Ground nutmeg
1 tsp	Ground allspice
1 tbs	Ground ginger
1 tsp	Cayenne
10 cloves	Garlic, peeled
¼	Red onion, peeled and quartered
1	Jalapeno pepper, stemmed and seeded
3	Scallions, stems removed
3	Limes zested and juiced
½	Orange, zested and juiced
¼ cup	Brown sugar
	Salt and pepper as needed

Tacos

1 ½ pounds	Chicken tenders (or breast cut into 1in strips)
½ cup	Chicken stock
2	Limes, quartered
	Jerk Yogurt (recipe on right)
	Caribbean Coleslaw (recipe on right)
	Small flour tortillas
	Coconut oil, as needed
	Shredded cheese (we chose a Mexican Cotija)

Jerk Yogurt

1 cup	Jerk marinade (from above)
½ cup	Yogurt
2 tbs	Cilantro, chopped
	Salt and pepper as needed

Caribbean Coleslaw

½	Small purple cabbage, sliced thin
½ cup	Sweet potato, peeled and grated
¼ cup	Canned pineapple "tidbits" (or fresh pineapple if you desire)
	Ground cumin
1 tsp	Brown sugar
1 tbs	Coconut flakes
2 tbs	Jicama, peeled and diced
½ cup	Coconut oil
1 tbs	Cilantro, minced (optional)
¼ cup	Salt and pepper as needed

Steps:

1. In a blender or food processor, combine all ingredients for the marinade, blend until smooth. Place half of the marinade in a storage bag along with the chicken (Reserve the other half of the marinade for the Jerk Yogurt, recipe follows). Marinate chicken for at least 30 minutes, preferably overnight.
2. Prepare Jerk Yogurt by whisking together all ingredients until smooth, set aside in the refrigerator until it's taco time!
3. Prepare Caribbean Coleslaw by combining all slaw ingredients in a bowl, then set aside while you prepare the chicken.
4. Heat a cast iron or large skillet over medium high heat with a tablespoon of coconut oil. Remove chicken from marinade sear until golden, deglazing the pan with a touch of chicken stock to create a sauce for the chicken to soak up.
5. To assemble – top warmed tortillas with jerk chicken slices, a handful of slaw, cheese, and a drizzling of jerk yogurt. Garnish with a few lime wedges, enjoy warm!

