

ENJOY THE FLAVORS OF THE CARIBBEAN

The Caribbean diet is influenced by many cultures such as Africa, East India, Spain, and China.

Nutmeg, allspice, cinnamon, and cloves are among the top spices used to flavor dishes of the Caribbean.



Follow the MyPlate guidelines to help your family eat well!

- ▶ Make half your plate fruits and vegetables.
- ▶ Switch to skim or 1% milk.
- ▶ Make at least half your grains whole.
- ▶ Vary your protein food choices.
- ▶ Keep your food safe to eat—learn more at www.FoodSafety.gov.
- ▶ Choose foods and drinks with little or no added sugars.
- ▶ Look out for salt (sodium) in foods you buy—it all adds up.
- ▶ Eat fewer foods that are high in solid fats.

Many foods eaten in the Caribbean are rich in nutrition including: beans, dark leafy green vegetables, mangoes, plantains, pineapple, and papaya.

Sweet potato, another popular food, is high in Vitamins A and C, and fiber.

SWEET POTATO CHICKEN STEW

Ingredients

- 2 tablespoons oil
- 1 cup onion, chopped*
- 1 cup celery, chopped*
- ½ cup green bell pepper, chopped*
- 3 garlic cloves, minced
- 1 teaspoon thyme
- ½ teaspoon ground black pepper
- 1½ cup chicken broth, reduced sodium
- 1 (14.5-ounce) cans diced tomatoes*
- 1 sweet potato, peeled and diced into ½-inch pieces*
- 2 cups diced cooked chicken
- 3 cups cooked brown rice*



Directions

1. Heat oil in large pot over medium heat.
2. Add onion, celery, green pepper, and garlic.
3. Stir in thyme and cook over medium heat until onions are soft, about 7 minutes.
4. Add black pepper, tomatoes, broth, sweet potato and chicken to the pot. Bring to a boil, cover and simmer on low 25 minutes.
5. Serve over hot, cooked rice.

Yield: 4 servings

Nutrition Information (per serving):

Calories 450; Fat 12 grams; Sodium 450 grams; Fiber 5 grams

*WIC supplemental food

