**Spicy Nested Chicken and Sweet Potato Fries**

**Produce**

large garnet yam

garlic (if needed)

yellow onion (if needed)

1 lime

arugula (if you don’t care for arugula, use 3 C. washed and sliced lettuce leaves)

red bell pepper (if needed)

**Canned/Dried Foods**

chili powder (if needed)

powdered cumin(if needed)

garlic powder (if needed)

onion powder (if needed)

dried oregano leaves (if needed)

balsamic vinegar (if needed)

**Frozen Foods**

Plant-based Chick’n Strips of choice  (if plant-based)

frozen corn (if needed)

**Meat/Fish/Poultry**

2 boneless, skinless chicken breasts (if eating meat)

**Chilled Foods/Dairy**

3  oz. extra-sharp cheddar cheese