

UVA Teaching Kitchen Cooking Class

Orange Chipotle Chicken

Makes 5-6 servings, 1-2 pieces of chicken each

Time: 2 hours 18 min (2 hours prep, 18 minutes cook)*

Equipment: bowl, skillet, stovetop

Source: <https://www.kayscleaneats.com/main-dish/mexican-orange-chipotle-chicken/>

1 lb boneless, skinless chicken thigh
6 garlic cloves, minced
3 tbsp adobo sauce, from can
¼ cup orange, juice
1 tsp dried oregano
1 tsp garlic powder
1 tsp cumin powder
1 tbsp oil
½ tsp salt

Instructions:

1. Make the marinade by mixing together all ingredients until combined
2. In a bowl place chicken thighs (diced chicken breasts) and season with salt and pepper. Pour the marinade over the chicken making sure it is fully coated. If marinating overnight you can use a Ziploc bag and let marinate in the fridge.
3. Preheat the skillet to medium-high heat, let it get hot before putting chicken on it. Cook the chicken for 6-7 minutes on each side or until done 165 F.
4. Let chicken rest for 5 minutes before serving. Optional: garnish with fresh lime and cilantro.

* Can marinate for less than 2 hours if needed

Roasted Sweet Potato Hash

Makes: 4-5 servings, 1 cup each

Time: 45 (5min prep, 40 minutes cook)

Equipment: large mixing bowl, 13"x9" sheet pan

Source: <https://thiswifecooks.com/roasted-sweet-potato-hash/>

2 lbs sweet potatoes, cut into 1-inch cubes
½ cup olive oil
½ cup red onions, diced
1 tsp salt
½ tsp ground black pepper
¼ tsp garlic powder

Instructions:

1. Preheat oven to 425 F
2. In a large mixing bowl add sweet potatoes and red onion
3. Add olive oil, toss, and coat.
4. Add salt, ground black pepper, and garlic powder. Toss again.
5. On an oil-coated sheet pan, spread the sweet potatoes in an even layer.
6. Roast for 40 min, mix every 15 minutes.

Ultimate Sauteed Vegetables

Makes 4-5 servings, 1 cup each

Time: 20 (10 min prep, 10 minutes cook)

Equipment: Cutting board, chef's knife, mixing bowl, and skillet

Source: <https://www.acouplecooks.com/sauteed-vegetables/>

2 multi-colored bell peppers (red and yellow)

1 medium red onion

1 head broccoli (8 oz, stem on)

2 tablespoon olive oil

1 teaspoon dried oregano

½ teaspoon salt

Ground black pepper to taste

Instructions:

1. Thinly slice peppers, then slice the onion. Cut the broccoli into small florets.
2. Toss the vegetables in a bowl with 1 tbsp of olive oil, oregano, salt, and ground black pepper.
3. In a large skillet, heat the remaining 1 tbsp of olive oil over medium-high heat.
4. Add vegetables and cook for 10- 12 minutes until tender and lightly charred, stirring occasionally.
5. Taste and add salt to taste
6. Serve immediately