



Here's What You'll Need

Get ready to meet us in the kitchen! Together, we'll make our

Citrusy Mojito Chicken

Plus, a refreshing watermelon mojito to quench your thirst



Grocery List

Serves 4

- 1 lb boneless skinless chicken breast
- 1 bunch mint
- 2 limes
- 2 grapefruit (or 2 cups diced watermelon)
- 1 small red onion
- 1 avocado
- 1 cup quick cook brown rice (or grain of choice)
- ½ cup unsweetened shredded coconut
- 1 TBSP honey
- Kosher or sea salt and black pepper (to taste)
- Olive oil



Equipment List

- Cutting board
- Chef's knife
- Wooden spoon
- Tongs
- Mixing bowls
- Measuring spoons
- Measuring cups
- Meat thermometer
- Large heavy-bottom pan
- Small pot with lid
- Grill or grill pan
- Strainer
- Pitcher or large jar



For the Mocktails

Serves 4

- 1 cup lime juice (from about 8 limes)
- 4 cups fresh or frozen watermelon
- 1 bunch fresh mint
- Sparkling water
- Honey, maple syrup or stevia (to taste)



*Swaps

- * Low carb? Omit the grains or swap in hearts of palm or cauliflower rice.
- * For a vegetarian version, swap in firm tofu, tempeh, or seitan for the chicken.