

# Caribbean Spiced Chicken with Peach Salsa



## Ingredients:

- ¾ c. chopped peaches or pineapple
- 1 small red pepper, chopped
- 1 jalapeno pepper, chopped
- 2 tbsp. red onion, chopped
- 2 tbsp. fresh cilantro, chopped
- 1 tbsp. lime juice
- 1 garlic clove, minced
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 2 tbsp. olive oil
- 1 tbsp. brown sugar
- 1 tbsp. Caribbean jerk seasoning
- ½ tsp. salt
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 1 lb. boneless, skinless chicken breasts

## Directions:

- In a bowl, combine first 9 ingredients.
- In another small bowl, combine oil, brown sugar, jerk seasoning, salt, thyme, and rosemary. Rub over chicken.
- Grill, covered, over medium heat for 9-11 minutes or until thermometer reads 165°F.
- Let stand for 5 minutes then serve with salsa.
- Enjoy!



# Easy Mediterranean Chickpea Salad



## Ingredients:

- 1 can chickpeas, drained
- ½ red onion, chopped
- 1 pint grape tomatoes, sliced
- 1 cucumber, chopped
- 1 bell pepper, chopped
- 1 bunch parsley, chopped
- 1 lemon, squeezed
- ¼ cup olive oil
- Salt & pepper to taste

## Directions:

- Whisk the lemon juice and olive oil in a bowl to make a dressing.
- Put chickpeas, onion, tomatoes, cucumber, pepper, and parsley in a salad bowl.
- Pour the dressing over the vegetables and mix.
- Add salt and pepper to taste.
- Enjoy!



Information Provided by:  
Philadelphia Corporation for  
Aging  
642 North Broad Street  
Philadelphia, PA 19130-3409

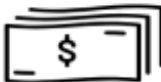
PCA Helpline: (215) 765-9040


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[www.pcacares.org](http://www.pcacares.org)


# PCA

PHILADELPHIA CORPORATION FOR AGING™

# **WHAT**

Provides four \$5.00 checks to eligible individuals. 

 Used to purchase Pennsylvania-grown fresh fruits and vegetables.


 Only valid at certified farmers' markets in Pennsylvania.

Checks CANNOT be spent at other stores or outside of Pennsylvania.

Each eligible individual is able to receive **ONE SET OF 4 CHECKS. ONE (1) TIME** per year only.

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# **WHO**


60 years old by 12/31/2019 

 Resident in Philadelphia.

Show ID or proof of age & address.



Total 2018 household income of no more than:  
\$23,107 (1 person)  
\$31,284 (2 people)  
\$39,461 (3 people)  
\$47,638 (4 people)

 No change will be given from your purchase.

Checks must be spent by **November 30, 2019.**

\*Do not write on the checks until the vendor asks you to sign them.\*



# **Eligible Foods:**

ONLY fresh fruits and vegetables grown in Pennsylvania.

If you have any questions about what you are allowed to get or how much to buy, the market vendor can help you.

## **Examples of eligible**

<u>Green beans</u>	<u>Eggplant</u>
<u>Blueberries</u>	<u>Grapes</u>
<u>Broccoli</u>	<u>Onions</u>
<u>Carrots</u>	<u>Peaches</u>
<u>Cauliflower</u>	<u>Peppers</u>
<u>Cucumbers</u>	<u>Plums</u>
<u>Corn</u>	<u>Tomatoes</u>

The Pennsylvania Department of Agriculture operates the Farmers' Market Nutrition Program. If you have any questions about this program, contact:

Bureau of Food Distribution  
2301 North Cameron Street  
Harrisburg, PA 17110-9408

1-800-468-2433 or [www.pda.state.pa.us](http://www.pda.state.pa.us)  
Tom Wolf, Governor  
Russell Redding, Secretary of Agriculture