### **Caucasian: Greek Lemon Chicken with Orzo Salad**

* **Description**: This dish features chicken marinated in lemon, garlic, and herbs, then grilled to perfection. It's served alongside a refreshing orzo salad with cherry tomatoes, cucumbers, red onions, olives, and a sprinkle of feta cheese, all tossed in a light olive oil and lemon dressing. Each serving provides approximately 500 calories, maintaining a balance of 40g protein, 30g carbs, and 20g fats.

### **African: West African Chicken Yassa**

* **Description**: This is a popular dish made with marinated chicken cooked with onions, lemon, and chili peppers, resulting in a tangy and slightly spicy flavor. It's usually served over a bed of steamed rice or couscous, tailored to provide 500 calories per serving, with 40g protein, 30g carbs, and 20g fats.

### **Asian: Thai Chicken Basil (Pad Kra Pao Gai)**

* **Description**: This dish consists of ground chicken stir-fried with Thai basil and chilies, served over a bed of jasmine rice. It's a staple in Thai cuisine, known for its hot and fragrant profile. Nutritional content is managed to be around 500 calories per serving, including 40g protein, 30g carbs, and 20g fats.

### **Hispanic: Peruvian Pollo a la Brasa**

* **Description**: A beloved Peruvian dish, this is roasted chicken marinated in spices like cumin, paprika, and garlic, served with sides such as roasted sweet potatoes or a salad. Each portion is designed to deliver approximately 500 calories, with 40g protein, 30g carbs, and 20g fats.

### **Native American: Navajo Chicken Corn Stew**

* **Description**: This stew combines diced chicken with corn, squash, and beans, ingredients traditionally used by Native American tribes. It's hearty and nourishing, with each serving containing about 500 calories, maintaining a balance of 40g protein, 30g carbs, and 20g fats.