

Cornucopia Cool Chef Recipes



Week 5 – Mexican

Refried Beans

Perfect side dish for any Mexican meal, offering a healthy dose of protein and fiber too! SERVINGS: 12.

Ingredients:

15 oz can	Kidney Beans, or cooked dry bean equivalent
½ of 15 oz can	Reduced Sodium Black Beans, or dry beans equivalent
½c (1 small)	White onion, chopped
½ of a whole	Jalapeno, seeds removed, chopped (careful not to touch eyes), optional
½ medium	Green pepper
4 cloves	Garlic, minced
3 TBS	Vegetable oil
1 TBS	Cumin
1 TBS	Chili Powder
2 TBS	Red wine
1 TBS	Red Hot
to taste	Salt and pepper

***Courtesy of Harlows**

Directions:

1. Heat oil in large sauté pan over medium heat. Add all ingredients except for beans.
2. Turn heat to medium/low and simmer for several minutes.
3. While simmering, rinse beans well in a colander and drain. Add beans to a deep pot.
4. Empty contents of sauté pan on top of the beans. Use stick blender to blend until smooth. Season with salt and pepper and/or adjust seasonings as desired.

Shredded Chicken Breast

Poached chicken is a kitchen staple. Make some on Sunday and there'll be several quick lunch and dinner options for days to follow. Yields: 3-4.

Ingredients:

1 lb	Skinless boneless chicken breast
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Directions

- 1 Place chicken breasts in a pot and cover with 1-2 inches of cold water.
- 2 Cook on stove over medium heat. When water boils, reduce heat to low, cover and cook for 10-14 minutes. Chicken is done when opaque throughout, or when thickest part measures 165F.

3 Remove cooked chicken and allow to cool. Then with a fork, use a scraping action to pull shreds off.

Tomato Salsa

Who can resist chips & salsa? The freshness of this homemade version is irresistible. Yields: 8 servings

Ingredients:

4	Plum tomatoes, chopped
4	Scallions, sliced thin
½	Onion, medium-sized, minced
1	Garlic clove, minced
2 Tbsp	Cilantro, chopped
1	Jalapeno, seeded, chopped fine
1 ½ Tbsp	Lemon juice
to taste	Salt and freshly ground pepper

*Adapted from *Gourmet Meals in Minutes*

Directions:

1. Combine all the ingredients.
2. Let the salsa rest for 15 minutes before serving to allow flavor to develop. Adjust seasoning as needed.

Guacamole

*Get some heart-healthy fats with this dip that's great with tortilla chips, and tasty on sandwiches and burgers too!
Yields: 4 servings*

Ingredients:

2	Ripe avocados
½	Fresh tomato, washed, cored and chopped into thumbnail-size pieces
1	Scallion, chopped
1 heaping Tbsp	Cilantro leaves, chopped
½	Fresh lime, juiced
pinch	Sea salt

*Adapted from *chopchopmag.org*

Directions:

1. Slice each avocado in half. Remove pit and scoop out insides into a bowl. Mash with a fork until chunky.
2. Add tomato, scallion, cilantro and juice from lime. Stir together (NOT too much. Guacamole should not be smooth).
3. Move to a serving dish and serve right away or put the avocado pit in the guacamole to keep from turning brown, cover with saran wrap and refrigerate.

Corn Tortillas

Feel like a real Mexican chef flipping your own tortillas. The ingredients couldn't be any simpler. Masa harina can be found in the ethnic section of large supermarkets. A cast iron skillet is the key. Yields: 15 tortillas

Ingredients:

1 ¾ c	Masa harina
1 1/8 c	Water

* www.allrecipes.com

Directions:

1. In a medium bowl, mix together masa harina and hot water until thoroughly combined. Turn dough onto a clean surface and knead until pliable and smooth. If dough is too sticky, add more masa harina; if it begins to dry out, sprinkle with water. Cover dough tightly with plastic wrap and allow to stand for 30

- minutes.
2. Preheat a cast iron skillet or griddle to medium-high.
 3. Divide dough into 15 equal-size balls. Using a tortilla press, a rolling pin, or your hands, press each ball of dough flat between two sheets of plastic wrap.
 4. Immediately place tortilla in preheated pan and allow to cook for approximately 30 seconds, or until browned and slightly puffy. Turn tortilla over to brown on second side for approximately 30 seconds more, then transfer to a plate. Repeat process with each ball of dough. Keep tortillas covered with a towel to stay warm and moist until ready to serve.

Mexican Wedding Cookies

There's nothing particularly healthy about these cookies (although whole wheat flour adds a bit more nutrition). Nevertheless, they are authentically Mexican and commonly used as a favor at weddings. Yields: 3 dozen.

Ingredients:

1 cup	Butter, softened
½ cup + more	Powdered sugar, with extra for rolling cookies in afterwards
2 ¼ cups	Flour, at least 1 cup whole wheat.
1 tsp	Vanilla
¼ tsp	Salt
¾ cup	Walnuts, chopped

*www.food.com.org

Directions:

- 4 Cream together butter and powdered sugar until light and fluffy; stir in vanilla.
- 5 Whisk together flour and salt; add gradually to butter mixture; stir in chopped nuts.
- 6 Chill dough if it seems too soft.
- 7 Form dough into 1 - 1 1/2" balls and place onto parchment-lined or ungreased baking sheets.
- 8 Bake at 400° for 10-12 minutes or just until the cookies start to turn light golden-brown; remove from oven and allow to cool slightly; while cookies are still warm (but NOT hot) remove them from baking sheets and roll, a few at a time, in powdered sugar until evenly coated; cool cookies completely on wire racks.

Chocolate (say cho-co-LAH-tay)

Chocolate has a rich history in Mexico, Central and South America. The Aztecs used cocoa beans as currency in the 1400s and it was served in liquid form with cinnamon and chili. The Europeans didn't favor it until they substituted sugar for chili around 1580s.. This warm drink is not as sweet as Americans are accustomed to. It's about the chocolate flavor not the sugar. Yields: 2 servings.

Ingredients:

1 ½ cups	Lowfat milk
1 ½ Tbsp	Unsweetened cocoa powder
2 ½ tsp	Sugar or honey
¾ tsp	Vanilla
¾ - 1 tsp	Cinnamon
pinch	Chili powder, optional

*www.chopchopmag.org

Directions:

1. Put the milk in a small saucepan and put the saucepan on the stove.
2. Turn heat to low and cook until the milk is very warm, about 3 minutes, stirring occasionally. Careful not to let it boil or burn. Turn the heat off and add the cocoa powder, honey (or sugar), vanilla extract and cinnamon and the chili powder (if you like spicy).
3. Using a whisk or fork, whip until the top is frothy. Serve right away.