

CHICKEN TACOS WITH EXTRA VEGGIES

4 cups, cooked chicken breasts, shredded small
one medium onion, chopped small
1 bag Mexican shredded cheese- (*optional*)
1 teaspoon chili powder
1/2 teaspoon cumin powder
1/2 teaspoon oregano, dried
Extra Veggies/Greens – kale, spinach, swiss chard, cabbage, peppers, zucchini, beans

Garnish

Red or Green Cabbage - shredded
1/3 cup Cilantro
1 small Onion

Soft Corn Tortillas – Vermont Tortilla Co – are organic, great and delicious.

Directions:

Heat your largest skillet or griddle to medium high. Add a few counts of oil, saute/cook your onions until lightly softened, season them with salt, pepper and spices. Once you smell the spices, add your cooked chicken and cook until it is heated through. Remove to a bowl.

Additional vegetables – when trying to crowd in more vegetables to your diet, I often add more vegetables to my tacos. I still feel like it is enough protein, I just want more vegetables. I add in any type, kale, spinach, peppers, black beans. I heat them and either you can mix them into your chicken or add them on top of your chicken on your taco.

Chop another small onion, into small pieces, add your 1/3 cup chopped Cilantro, and shredded cabbage. Combine those two together in a small bowl.

For soft shells – heat your largest skillet or griddle. Add your soft corn tortilla shells and heat until softened on one side, flip over and add your cheese (if using). Then add your warm chicken mixture and let heat for another minute. Remove with a spatula and add desired toppings as prepared above. Yields 10+- tacos

NOTE: this is great for any leftover meat or vegetables. Just chop the meat small for the kiddos. They like it better.

UNCOOKED CHICKEN - If your chicken is uncooked, make additional spice mixture as above, just make triple or larger amounts. In a large bowl, season your chicken well with salt and high heat oil, (avocado, regular olive oil, grapeseed) and add enough of the spice mixture to generously coat the chicken. Preheat your griddle, cast iron skillet over medium high heat, cook chicken undisturbed, flipping to finish on the other side. When cooled, shred or chop the chicken into small pieces and finish as above. If you are using this seasoned chicken, you do not need to add additional spice mixture to your onions.

GUACAMOLE DIP WITH MANGO, GOAT CHEESE, AND PEPITAS

- 2 avocados
- 3 tbsp chopped red onion plus extra for garnishing
- 1/3 cup chopped cilantro
- 1/2 generous cup chopped fresh mango, leave a few for garnish
- 1 garlic clove, minced
- 1-2 tbsp tequila (start slow, adding 1 tablespoon at first)
- 1 serrano pepper, chopped fine
- 2 ounces goat cheese, broken in pieces or 1/3 cup
- Salt to taste
- 1 lime juiced, more maybe necessary
- 2 tablespoons Crunchy toasted pepitas for garnishing

Tortilla chips

In a bowl add avocado and mash it using back of a fork. Add red onion, cilantro, fresh mango, garlic, serrano, goat cheese, salt. Add some lime juice and 1 tablespoon tequila, combine well, taste and readjust from there. Adjust whatever you want more as per your taste. Garnish with mango, onions and pepitas. Serve with tortilla chips.

Serves 2-4

RED TAQUERÍA STYLE SALSA – CHILE DE ARBOL

3-5 chiles de árbol, - be careful with your hands

3 large guajillos, seeded

14 oz can whole peeled tomatoes

One medium onion, chopped

3-4 garlic cloves, chopped

1/2 lime juiced

salt to taste

Toast the chilis (only guajillo) briefly over a gas flame or very quickly in a toaster oven. You just want them softened and fragrant. Try not to blacken them — black spots add a bitter flavor. Remove the chilis to a bowl and cover them with hot water. Add the Arbol chilis to hot water. Let them sit for about 10-15 minutes, until softened.

In the meantime, sauté one medium onion with a drizzle of oil, over medium heat, add salt, cook for 5 minutes, add garlic, cook for a few more minutes. Add tomatoes and crush up with your hands. Mix together with all garlic and onion. Add chilis drained from water. Simmer for 6-8 minutes.

Pour this mixture into a blender, remove the inner lid of the blender, replace with a kitchen towel and puree until smooth. Add a small drizzle of oil to same pot, add sauce back to pot and cook for a few minutes. Add 1/2 lime juice and taste. Possibly add more salt and more lime if necessary. ENJOY

Serve at room temperature. Be aware - its hot!!

NOTE – you do not necessarily have to add the pureed sauce back to the skillet if you do not want. Just taste and adjust the seasoning if necessary. 😊

MIXED CITRUS MARGARITA

8 ounces fresh-squeezed citrus juice

3-4 ounces tequila

2 ounces triple sec

Extra lime juice

Optional – agave

I love to use whatever citrus I have at home for this drink. Oranges, grapefruits, blood oranges and limes. A mechanical juicer is a big help. Combine the juice, tequila, and triple sec in a cocktail shaker with some ice. Taste and adjust, you may need to add some agave or more juice or lime juice.

Pour the contents into a glass filled with ice. Garnish with lime wedge.