

# Mexican Recipes

## Taco Seasoning

1 tablespoon chili powder	¼ teaspoon garlic powder
¼ teaspoon onion powder	1 ¼ teaspoon crushed red pepper flakes
¼ teaspoon dried oregano	½ teaspoon paprika
1 ½ teaspoons ground cumin	1 teaspoon salt
1 teaspoon black pepper	

Mix all ingredients together and store in an airtight container. Makes 10 servings.

*Each serving provides 5 calories, .2 grams protein, .9 grams carbohydrate, .2 grams fat, 185 milligrams sodium, .4 grams fiber.*

## Slow Cooker Green Chile Stew

2 ½ pounds boneless pork loin, cut into ¾ inch cubes	
1 (14.5 ounce) can diced tomatoes, drained	2 (7 ounce) cans diced green chiles
2 yams, peeled and cut into ½ inch pieces	½ onion, coarsely chopped
5 cloves garlic, minced	1 ½ teaspoons ground cumin
1 teaspoon dried oregano	1 teaspoon salt
Pepper to taste	1 tablespoon hot pepper sauce
1 cup frozen corn	½ cup shredded Cheddar cheese

Combine the pork, tomatoes, green chiles, yams, onion, garlic, cumin, oregano, salt, pepper, and hot pepper sauce in a slow cooker. Cover and cook on low until the pork is very tender, 6-7 hours. Stir in the frozen corn, cover and cook until the corn is hot, about 10-15 minutes. Sprinkle with shredded Cheddar cheese to serve. Makes 6 servings

*Each serving provides 636 calories, 44 grams protein, 52 grams carbohydrate, 28 grams fat, 1443 milligrams sodium, 8 grams fiber.*

### **Mexican Jicama Snack**

1 large jicama  
2 limes, juiced  
1 tablespoon cayenne pepper

Peel jicama and cut into French fry-sized sticks. Combine with lime juice and cayenne pepper in a medium bowl and toss to coat. Serve as a finger food. Makes 6 servings

*Each serving provides 84 calories, 2 grams protein, 20 grams carbohydrate, .4 grams fat, 9 milligrams sodium, 10 grams fiber.*

### **Licuada de Mango**

1 mango, peeled, seeded and diced  
1 ½ cups milk  
3 tablespoons honey  
1 cup ice cubes

Place all ingredients in a blender. Cover and blend until smooth. Serve immediately. Makes 2 servings

*Each serving provides 255 calories, 7 grams protein, 52 grams carbohydrates, 4 grams fat, 82 milligrams sodium, 2 grams fiber.*

### **Horchata**

1 cup uncooked long-grain rice  
5 cups water  
½ cup milk  
1/2 tablespoon vanilla extract  
½ tablespoon cinnamon  
2/3 cup sugar

Pour the rice and water into a blender. Blend until the rice just begins to break up, about 1 minute. Let the rice and water stand at room temperature for a minimum of 3 hours. Strain the rice water into a pitcher and discard the rice. Stir the milk, vanilla, cinnamon, and sugar into the rice water. Chill and stir before serving over ice. Makes 6 servings

*Each serving provides 213 calories, 3 grams protein, 48 grams carbohydrates, .6 grams fat, 16 milligrams sodium, .7 grams fiber.*

## Chicken Fajita Melts

3 tablespoons vegetable oil

6 (6 ounce) skinless, boneless chicken breast halves, thinly sliced

½ cup sliced onions

½ cup sliced red bell peppers

½ cup tomato juice

2 tablespoons taco seasoning

1 cup salsa

8 (1/2 inch thick) slices French bread

2 cups shredded Cheddar cheese

Heat the oil in a large skillet over medium high heat. Add the chicken and cook until lightly browned, about 5 minutes. Stir in the sliced onions and red pepper, and cook for 5 minutes or until the vegetables are tender. Stir in the tomato juice and taco seasoning and mix well. Cook mixture until the juice has thickened and the chicken is well coated with sauce, about an additional 7 minutes. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Spread 2 tablespoons of salsa over each slice of French bread. Evenly spoon the chicken mixture on top of the salsa topped bread. Sprinkle each sandwich with ¼ cup Cheddar cheese. Place sandwiches under the broiler and cook for 5 minutes or until the cheese is melted and beginning to brown. Makes 8 servings

*Each serving provides 397 calories, 409 grams protein, 20 grams carbohydrate, 17 grams fat, 821 milligrams sodium, 2 grams fiber.*

## **Mexican Rice**

3 tablespoons vegetable oil	1 cup uncooked brown rice
1 teaspoon garlic salt	½ teaspoon ground cumin
¼ cup chopped onion	½ cup tomato sauce
2 cups chicken broth	

Heat oil in a large saucepan over medium heat and add rice. Cook stirring constantly until puffed and golden. While rice is cooking, sprinkle with garlic salt and cumin. Stir in onions and cook until tender. Stir in tomato sauce and chicken broth; bring to a boil. Reduce heat to low, cover and simmer for 20 to 25 minutes. Fluff with a fork. Makes 4 servings.

*Each serving provides 5 grams protein, 42 grams carbohydrates, 11 grams fat, 1096 milligrams sodium, 1 gram fiber.*

## **Calabacitas**

1 tablespoon olive oil	1 large onion, chopped
3 garlic cloves, minced	4 small zucchini, diced
1 fresh poblano chile pepper, seeded and chopped	1 cup frozen whole kernel corn
1 (15 ounce) can black beans, rinsed and drained	½ teaspoon salt or to taste

Heat olive oil in a large skillet over medium high heat. Add onion and garlic and cook, stirring until tender. Add zucchini and poblano pepper, and cook until soft. Stir in corn and beans and heat through. Season with salt to taste. Makes 4 servings

*Each serving provides 116 calories, 4 grams protein, 19 grams carbohydrate, 4 grams fat, 410 milligrams sodium, 4 grams fiber.*

## Grilled Shrimp Tacos

2 tablespoons olive oil	1 lime, juiced and grated
1 teaspoon cumin	1 pound large shrimp, peeled and deveined
Salt and pepper to taste	6 (8 inch) flour tortillas, heated
Shredded lettuce	½ cup Ranch Salad Dressing
¼ cup sour cream	1 tablespoon taco seasoning
½ cup shredded Cheddar cheese	

Combine olive oil, lime juice, lime zest, and cumin in a small bowl. Season shrimp with salt and pepper. Brush shrimp with lime mixture. Grill until shrimp are cooked through, about 3 minutes per side, brushing occasionally with lime mixture. Roughly chop shrimp. Combine taco seasoning, ranch dressing, sour cream, and shredded cheese. Spread mixture over each tortilla; top with shrimp and lettuce. Serve with your favorite toppings, such as diced tomatoes, salsa, sliced olives, and guacamole. Makes 6 servings

*Each serving provides 341 calories, 18 grams protein, 34 grams carbohydrate, 14 grams fat, 630 milligrams sodium, 3 grams fiber.*

## Chile con Queso

2 tablespoons vegetable oil                      ½ onion, diced  
1 tomato, diced                                      10 large roasted green chile peppers, seeded and chopped  
½ cup shredded queso asadero (white Mexican cheese)  
¼ cup shredded Monterey Jack cheese  
¼ cup milk    Salt to taste

Heat the vegetable oil in a skillet over medium heat. Stir in onion and tomato; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the green chile; cook for 2 minutes, then add the cheeses and milk. Reduce heat to low and simmer, stirring frequently until cheese has melted. Makes 8 servings.

*Each serving provides 115 calories, 5 grams protein, 11 grams carbohydrate, 7 grams fat, 124 milligrams sodium, 2 grams fiber.*

## Guacamole

3 avocados-peeled, pitted and mashed                      1 lime, juiced  
1 teaspoon salt    ½ cup diced onion  
2 tablespoons chopped fresh cilantro                      2 roma (plum) tomatoes, diced  
1 teaspoon minced garlic                                      1 pinch cayenne pepper

In a medium bowl, mash together the avocados, lime juice and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate one hour for best flavor. Makes 4 servings

*Each serving provides 262 calories, 4 grams protein, 18 grams carbohydrate, 22 grams fat, 596 milligrams sodium, 11 grams fiber.*

## Mexican Veggies with Queso

1 tablespoon vegetable oil	½ cup chopped red onion
2 cloves garlic, minced	2 zucchini, thinly sliced
1 yellow squash, thinly sliced	1 chayote squash, thinly sliced
1 cup peeled, chopped jicama	2 tomatoes, chopped
1 teaspoon chili powder	½ teaspoon ground cumin
1 pinch cayenne pepper	Salt and pepper to taste
1 cup shredded queso asadero (white Mexican cheese)	

Heat the vegetable oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add zucchini, yellow squash, and chayote. Cover, stirring occasionally, until the vegetables are tender, about 5 minutes. Add the chopped jicama; cover and cook 3 minutes. Stir in the tomatoes, chili powder, cumin, cayenne, salt and pepper. Cover and let cook for 2 minutes. Remove from heat and stir in the shredded cheese. Serve immediately. Makes 4 servings.

*Each serving provides 203 calories, 10 grams protein, 17 grams carbohydrate, 12 grams fat, 306 milligrams sodium, 6 grams fiber.*

## Chicken Enchiladas

4 skinless, boneless chicken breast halves	1 onion, chopped
1 cup light sour cream	1 cup shredded reduced fat Cheddar cheese
1 tablespoon dried parsley	½ teaspoon dried oregano
½ teaspoon black pepper	1 (15 ounce) can tomato sauce
½ cup water	1 tablespoon chili powder
1/3 cup chopped green bell pepper	1/3 cup chopped red bell pepper
1 clove garlic, minced	
1 (15 ounce) can black beans, rinsed and drained	
1 (10 inch) whole wheat flour tortillas	1 (12 ounce) jar taco sauce
¾ cup shredded reduced fat Cheddar Cheese	

Preheat oven to 350 degrees. Cook chicken in a nonstick skillet over medium heat, until no longer pink and juices run clear, about 10 minutes per side. Drain excess fat. Cube chicken and return to skillet. Add onion, sour cream, 1 cup Cheddar cheese, parsley, oregano, and black pepper. Heat until cheese melts, about 3 minutes. Stir in salt, tomato sauce, water, chili powder, green pepper, red pepper, garlic and black beans. Roll even amounts of mixture into tortillas. Arrange in a 9 x 13 inch baking dish. Cover with taco sauce and ¾ cup Cheddar cheese. Bake uncovered in preheated oven until cheese is melted and sauce is bubbling, about 20 minutes. Makes 8 servings.

*Each serving provides 384 calories, 30 grams protein, 60 grams carbohydrate, 8 grams fat, 1445 milligrams sodium, 9 grams fiber.*