

PRE-WORK: Debone and shred a Rotisserie Chicken

Chicken Enchiladas with Red Sauce

INGREDIENTS

- 6 – 12 White Corn Tortillas
- ¼ cup Extra Virgin Olive Oil
- 2 cups of Rotisserie Chicken, deboned and shredded
- ½ cup Chunky Salsa (mild, medium or hot, whichever you prefer)
- 12 oz. Shredded Mexican Cheese Mixture (for inside enchilada)
- 1 Can Red Enchilada Sauce (mild or hot)
- Queso Fresco (Mexican-style Crumble Cheese)
- Can of refried beans or black beans
- Garnish: Shredded lettuce (optional)
- Garnish: Sliced tomatoes (optional)
- Garnish: Red onion slices (optional)
- Garnish: Avocado slices (optional)
- Garnish: Lime wedges (optional)

PREPARATION

1. Debone and shred a Rotisserie Chicken. Measure out 2 cups of shredded chicken. Fold in ½ cup of your favorite Chunky Salsa. Divide in half and set aside chicken mixture.
2. Place 6 Corn Tortillas on parchment paper and brush lightly with Extra Virgin Olive Oil on both sides. Stack Tortillas and fold in a parchment paper. Place parchment and tortillas on a microwave-safe plate and microwave for 30 seconds to soften tortilla for ease of rolling.
3. Spray casserole dish with a nonstick oil. Place open tortilla, one at a time, in the casserole dish and add ¼ cup of Chicken mixture on top of the tortilla. Top with 2 tablespoons of shredded Mexican cheese. Roll the tortilla and place seam side down. Continue until all Tortillas are filled and rolled. Pour ½ can of Red Enchilada Sauce on top of 6 rolled enchiladas. Sprinkle with crumbled Queso Fresco. Repeat the entire process with 6 more tortillas, chicken filling, cheese and enchilada sauce. Bake in 350° oven for 20-25 minutes. Serve hot out of the oven!
4. Serve 2 hot enchiladas on a plate and garnish with shredded lettuce, sliced tomatoes, slivers of red onion and/or 2-3 avocado slices and lime wedges.
5. Serve with a side of beans (heat in microwave).

Tango Mango Salsa with Blue Corn Tortilla Chips

INGREDIENTS

- 1 cup of diced mango
- ½ of a red onion, chopped fine
- ½ to 1 jalapeño pepper, stem and seeds removed, chopped fine
- 1 small lime
- 1 tablespoon agave nectar (or honey)
- blue corn tortilla chips

DIRECTIONS

1. Slice, peel and dice 1 ripe mango. The diced mango should fill 1 cup. Or, buy pre-cut mango, and dice into small ½ inch size cubes.
2. Chop ½ red onion into ¼ inch pieces.
3. Wash 1 whole jalapeño pepper and remove stem.
4. Cut in half, remove and discard jalapeño seeds. Avoid touching your eyes. Dice the jalapeño pepper into ¼ inch size pieces.
5. Add ½ to 1 whole diced pepper according to your taste and heat tolerance. Squeeze in 1 whole fresh lime.
6. Add 1 tablespoon of Agave Nectar.
7. Mix all ingredients and chill.
8. Serve as an appetizer with Blue Corn Tortilla Chips.

Seasoned Jicama Sticks & Pineapple

INGREDIENTS

- Jicama Sticks (Pre-sliced)
- Pineapple (cored and peeled, or cut into spears)
- Tajín Seasoning
- Lime

PREPARATION

1. Arrange jicama and pineapple.
2. Squeeze lime on top
3. Sprinkle Tajin Seasoning