

CINCO DE MAYO

SATURDAY, MAY 5, 2012



Ingredient	Amount	
Ice Cubes	2	quarts
Limade Concentrate	12	Fluid ounces
Tequila	12	Fluid ounces
Cointreau	1/4	cup
Kosher Salt	-	Garnish
Lime	2	Garnish
Serves	8	

Instructions

1. Working in 2 batches, place 1 quart ice cubes in a blender. Add 1/2 can limeade, 6 ounces tequila and 2 tablespoons Cointreau. Blend at highest speed until drink is almost smooth. Pour into a pitcher and repeat with remaining ingredients. Store in the freezer.
2. To salt the margarita glasses, pour a single layer of salt on a salad plate. Moisten each glass rim with lime; dip each rim in the salt. Pour margaritas into each glass; garnish with lime. Serve immediately.

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Ingredient	Amount	
Vegetable Oil	2	Tablespoons
Chicken Breast, boneless, skinless	1	Half breast
Green Onion, minced	2	Tablespoons
Red Bell Pepper, minced	2	Tablespoons
Corn Kernels, frozen	1/3	Cup
Black Beans, rinsed & drained	1/4	Cup
Spinach, frozen, chopped, thawed & drained	2	Tablespoons
Jalapeño Peppers, diced	2	Tablespoons
Cilantro	1/2	Tablespoon
Ground Cumin	1/2	Teaspoon
Chili Powder	1/2	Teaspoon
Salt	1/3	Teaspoon
Cayenne Pepper	1	Pinch
Monterey Jack Cheese, shredded	3/4	Cup
Flour Tortillas, thin	5	6 inch
Oil for deep frying	1	quart
Recipe serves	5	

Instructions
1. Rub 1 tablespoon vegetable oil over chicken breast. In a medium saucepan over medium heat, cook chicken approximately 5 minutes per side, until meat is no longer pink and juices run clear. Remove from heat
2. Heat remaining 1 tablespoon vegetable oil in a medium saucepan over medium heat. Stir in green onion and red pepper. Cook and stir 5 minutes, until tender.
3. Dice chicken and mix into the pan with onion and red pepper. Mix in corn, black beans, spinach, jalapeno peppers, cilantro, cumin, chili powder, salt and cayenne pepper. Cook and stir 5 minutes, until well blended and tender. Remove from heat and stir in Monterey Jack cheese so that it melts.
4. Wrap tortillas with a clean, lightly moist cloth. Microwave on high approximately 1 minute, or until hot and pliable.
5. Spoon even amounts of the mixture into each tortilla. Fold ends of tortillas, then roll tightly around mixture. Secure with toothpicks. Arrange in a medium dish, cover with plastic, and place in the freezer. Freeze at least 4 hours.
6. In a large, deep skillet, heat oil for deep frying to 375 degrees F (190 degrees C). Deep fry frozen, stuffed tortillas 10 minutes each, or until dark golden brown. Drain on paper towels before serving.

Ingredient	Amount	
Avocado	1/2	Fresh
Mayonnaise, not low-fat	1/4	Cup
Sour Cream	1/4	Cup
Buttermilk	1	Tbsp
White Vinegar	1 1/2	Tsp
Salt	1/8	Tsp
Dried Parsley	1/8	Tsp
Onion Powder	1/8	Tsp
Dill Weed	Dash	-
Garlic Powder	Dash	-
Black Pepper, ground	Dash	-
Tomato, chopped	2	Tbsp
Onion, chopped	1	Tbsp
Recipe serves	5	

Instructions
1. Place the avocado in a bowl and mash with a fork until it's smooth. Some small lumps are ok and add to the flavor.
2. Add in the rest of the ingredients EXCEPT the chopped tomato and onion.
3. Stir until everything is mixed well.
4. Place in a small serving bowl and top with the chopped tomato and onion.

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CARROT CHILE AND CILANTRO SOUP



Ingredient	Amount	
Olive Oil	1	Tbsp
Garlic, crushed	1	Tsp
Cilantro	1	Tbsp
Chile Paste (essential based on reviews)	1	Tbsp
Onion, chopped	1	Yellow
Carrots, peeled and sliced	3	Large
Potato, peeled and chopped	1	Large
Vegetable Broth	5	cups
Recipe serves	5	

Instructions

1. Heat oil in a large pot over medium heat. Heat garlic, cilantro and chili paste. Saute onion until tender. Stir in carrots and potato; cook 5 minutes and then pour in vegetable broth.
2. Simmer for 30 to 45 minutes, or until potatoes and carrots are soft. With a hand blender, blend until smooth.

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CHICKEN ENCHILADAS W SALSA VERDA



Ingredient	Amount	
Whole Chicken, rinsed and dried	1	Big
Tomatillos	24	Husk,rinse,dry
Fresh Cilantro	1	Bunch
White Onion	1	Quartered
Serrano Chili Peppers (caution)	6	Stems removed
Limes	6	Halved
White Corn Tortillas	24	8 inch
Quesadilla Cheese	24	Ounces
Sour Cream	1	Cup
Sea Salt	-	-
Garlic cloves	2	-
Olive Oil	2	Tbsp
Recipe serves	12	

Enchiladas Main Prep

1. In teapot, boil 2-3 quarts water.
2. Set 8 quart stock pot over medium high flame, add 2 tablespoons oil and sauté garlic until slightly golden.
3. Add chicken to pot. Turn to lightly brown all sides – 2 minutes each side.
4. Add two quarters of onion, pinch of salt and one Serrano chili pepper
5. Carefully pour boiling water over chicken just to cover. Boil five minutes, then cover and reduce to simmer for 45 minutes to one hour, turning chicken often.
6. Set oven to 375 F.

Enchiladas - Salsa Verda Prep

1. Place cleaned tomatillos, quarter onion, two halves lime, and five Serrano chills in second stock pot. Add water to cover. Bring to boil.
2. Reduce boil immediately. Add pinch of salt and simmer for 7 minutes, or until tomatillos turn light green but remain firm. Remove from flame. Do not stir.
3. Place blender near tomatillos.
4. With slotted spoon, fish out limes and discard. Scoop enough tomatillo, onion, and chilis to fill half of blender.
5. Place cover on blender and stretch dish towel over top. Hot mixture tends to ooze out from blender cap. Blend for a few seconds.

Enchiladas Assembly

1. Using gloves, separate warm chicken from bones, shredding meat into small pieces.
2. Spread one cup salsa in baking dish and one cup salsa in sauté pan over low flame.
3. Gather meat, grated cheese, baking dish and tortillas around sauté pan on stove top.
4. Take one tortilla between thumb and forefinger, drenching both sides in warm salsa in sauté pan. Drain over pan before placing in baking dish.
5. Fill drenched tortilla with one cup chicken and grated cheese, roll and place seam side down in dish. Repeat process, filling dish with 12 rolled tortillas (enchiladas) fit in rows side by side.
6. Drizzle Mexican crema on a diagonal over enchiladas.
7. Place uncovered in 375 F oven for 35 – 40 minutes until bubbly and golden at edges. Check often, but the aroma alone will signal the enchiladas are done.

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BAJA BLACK BEANS, CORN & RICE



Ingredient	Amount	
Brown Rice, cooked	6	Cups after cooked
Black Beans	15	Ounces
Canned Corn, drained	15	Ounces
Fresh Tomatoes	4	Diced
Red Onion, chopped	1/2	Cup
Cilantro, chopped	1/2	Cup
Jalapeño Pepper	1	Diced and seeded
Fresh Lime Juice	2	Tbsp
Olive Oil	1	Tbsp
Salt	1/2	Tsp
Hot Sauce	2	Dashes
Recipe serves	6	

Instructions

1. Cook brown rice.
2. In a medium bowl, combine black beans, corn, tomatoes, onion, cilantro, jalapeno, lime juice, oil, salt, pepper and hot sauce.
3. To serve, Place a scoop of hot rice in a bowl or on a plate, top with a generous scoop of the black bean mixture.
4. Stir together before eating.

FLAN



Ingredient	Amount	
White Sugar	1	Cup
Whole Milk	1	Cup
Sweetened Condensed Milk	14	Ounces
Eggs	3	-
Egg Yolks	3	-
Vanilla Extract	1	Tbsp
Cornstarch	1	Tbsp
Heavy Cream	1	Cup
Recipe serves	8	

Instructions

1. Place sugar in a heavy saucepan over medium-high heat, and cook, stirring constantly, until the sugar melts and turns a golden amber color, about 10 minutes. Watch carefully once syrup begins to change color, because it burns easily. Carefully pour the melted sugar syrup into a flan mold. Let cool.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Pour whole milk, sweetened condensed milk, eggs, egg yolks, vanilla extract, and cornstarch into a blender, and blend for a minute or so, until the mixture is smooth. Pour in the [cream](#), and pulse several times to incorporate the cream. Pour the mixture over the cooled caramel syrup in the flan mold.
4. Line a roasting pan with a damp kitchen towel. Place the flan mold on the towel, inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish.
5. Bake in the preheated oven until the center of the flan is set but still slightly jiggly when moved, 45 minutes to 1 hour. Let the flan cool, then refrigerate for at least 4 hours. To serve, run a sharp paring knife around the inside of the mold to release the flan. Invert a plate on the mold, flip the mold over, and gently remove the mold to unmold the flan and reveal the syrupy caramel topping.



CALCIUM RICH

TUMS
ANTACID/CALCIUM SUPPLEMENT

REGULAR
STRENGTH

ASSORTED
FRUIT

150 CHEWABLE
TABLETS

CALCIUM RICH

TUMS
ANTACID/CALCIUM SUPPLEMENT

EXTRA
STRENGTH 750

ASSORTED
TROPICAL
FRUIT

96 CHEWABLE
TABLETS

CALCIUM RICH

TUMS
ANTACID/CALCIUM SUPPLEMENT

ULTRA
STRENGTH 1000

ASSORTED
BERRIES

72 CHEWABLE
TABLETS

CALCIUM RICH

TUMS
ANTACID/CALCIUM SUPPLEMENT

Smoothies™
EXTRA STRENGTH 750

SMOOTHIE DESSERT
PEPPERMINT

60 CHEWABLE
TABLETS

CALCIUM RICH

TUMS
ANTACID/CALCIUM SUPPLEMENT

EXTRA
STRENGTH 750

SUGAR FREE

ORANGE
CREAM

80 CHEWABLE
TABLETS