

Chicken Quesadillas with Pico de Gallo

¼ small red onion, minced
½ jalapeno, seeded and minced
1 to 2 teaspoons minced chipotle in adobo
½ teaspoon garlic powder
½ teaspoon onion powder
Juice of 1 lime
2 plum tomatoes, diced
1 tablespoon minced fresh cilantro
Sea Salt

1 cup shredded cooked chicken
½ cup shredded cheddar cheese
¼ cup cooked black beans
2 flour tortillas

- Add red onion, jalapeno, chipotle and spices to small mixing bowl; toss with lime juice.
- Season with salt; let stand 5 to 10 minutes.
- Stir in tomatoes and cilantro; adjust seasoning.
- Layer the chicken, cheese and beans on two tortillas; top with second tortilla.
- Grill, turning once, until toasted and cheese is melted. Serve with salsa.

Sauteed Shrimp with Corn, Tomato Avocado Relish

½ pound shrimp, peeled and deveined
2 tablespoons olive oil, divided
1 tablespoon Mexican spice mix

1 cup corn kernels
¼ red onion, minced
½ jalapeno, seeded and minced
1 clove garlic, minced
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon cumin powder
1 plum tomato, diced
½ avocado, diced
Fresh lime juice, to taste
Fresh cilantro
Sea salt and freshly ground black pepper

- Preheat saute pan to medium heat. Toss together shrimp, 1 tablespoon olive oil and spice mix. Saute, turning once, until center is just cooked through. Transfer to plate.
- Add remaining oil to pan. Cook, stirring occasionally, until light golden brown. Add onion, jalapeno, garlic and spices; cook until softened. Transfer to a mixing bowl.
- Stir in tomato and avocado. Toss with lime juice; season with cilantro, salt and pepper.

Spicy Slaw

Zest and juice of ½ a lime
1 tablespoon honey
2 tablespoon rice wine vinegar
1 teaspoon sambal chili paste
3 tablespoons olive oil
1 cup shredded cabbage (red, green or both)
2 to 3 scallions, sliced thin
2 tablespoons chopped cilantro
Sea salt and freshly ground

- In a large mixing bowl, whisk together lime juice, zest, honey, vinegar and sambal paste.
- Whisk in olive oil; toss in remaining ingredients; season with salt and pepper.. Let marinate ten to fifteen minutes. Season with salt and pepper.

Southwestern Pasta Salad

2 tablespoons red wine vinegar
1 small clove garlic, pressed or minced
1 tablespoon Dijon mustard
1 teaspoon dried oregano
½ teaspoon ground cumin
Zest of ½ lime
6 tablespoons olive oil

2 cups cooked elbow pasta
2 tablespoons sliced green olives
¼ medium red onion, peeled and finely diced
¼ English cucumber, finely diced
½ cup cherry tomatoes, halved
½ cup diced roasted red peppers
½ cup crumbled feta cheese

- Add vinegar, garlic, Dijon, oregano and cumin to a mixing bowl; season with salt and pepper. Slowly whisk in olive oil; set aside.
- Add pasta, olives, onions, cucumber, tomatoes, peppers and feta cheese to a mixing bowl. Toss with enough dressing coat ingredients.