Quesadillas with Pico de Gallo

½ tablespoon olive oil

4 corn tortillas

½ cup diced cooked pork

¼ cup diced cooked vegetables

½ cup shredded cheese

1 large ripe tomato, diced

½ small onion, diced

1 jalapeno, cored, seeded and minced

½ teaspoon onion powder and garlic powder

½ teaspoon minced chipotle chiles

Juice of ½ lime

2 tablespoons minced fresh cilantro

Salt and pepper

* Lay two tortilla shells on the cutting board.
* Top with half the cheese and all the vegetables. Sprinkle remaining cheese on top and remaining tortillas.
* Bring a grill pan to medium heat. Cook quesadillas, turning once, until golden and cheese is melted.
* Add tomato, onions and jalapenos to a mixing bowl.
* Stir in spices and lime juice. Season with cilantro, salt and pepper.

Guacamole

½ plum tomato, finely diced

¼ small red onion, minced

1 small clove garlic, minced

½ jalapeño, seeded and minced

1 tablespoon finely chopped cilantro

Juice of ½ a lime

½ teaspoon onion powder

½ teaspoon garlic powder

Dash of hot sauce, optional

1 ripe avocado

Sea salt and freshly group pepper

* Mix together the tomatoes, onions, garlic, jalapeño, cilantro and lime juice to a mixing bowl.
* Stir in onion, garlic and hot sauce; season with salt and pepper.
* Slice avocado in half and remove the pit. Scoop out flesh; transfer to bowl.

Grilled Chicken Tacos

2 teaspoons olive oil

1 chicken breast, cut thin

1 tablespoon Mexican spice mix

Flour tortillas

* Gently smash avocado until desired consistency has been attained (avocados can be completely smooth or slightly chunky).
* Fold in roaster peppers and feta; adjust seasoning.
* Stir together the sour cream, chipotles, spice mix, cilantro, lime juice and zest. Season with salt and pepper.
* Slice chicken; serve in warm tortillas; top with salsa and crema.

Southwestern Salad with Citrus Dressing

*Citrus Dressing*

1 tablespoon cider vinegar

Juice and zest of ½ lime

1 teaspoon honey

1 teaspoon Worcestershire sauce

1 teaspoon Dijon mustard

1 clove garlic, minced

½ teaspoon anchovy paste

½ teaspoon garlic powder

½ teaspoon onion powder

6 tablespoons blended oil

Sea salt and freshly ground black pepper

*Salad*

½ head romaine, chopped

1 tomato, diced

1 small roasted pepper, diced

1 small piece cumber, diced

2 tablespoons crumbled queso fresca

Croutons

* Add vinegar, egg, honey, Worcestershire, Dijon, garlic, anchovy paste and spices to mixing bowl. Season with salt and pepper.
* Slowly add oil, whisking constantly. Adjust seasoning.
* Transfer dressing to small container.
* Add salad ingredients to bowl. Toss with dressing to taste. Season with salt and pepper.