



Guacamole

½ plum tomato, finely diced
¼ small red onion, 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
Tortilla chips
Sea salt and freshly ground 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. Mash; stir to combine.
- Adjust seasoning. Serve with chips.

Chicken Tacos with Pineapple Salsa

1 tablespoon olive oil
1 chicken breast, split
½ tablespoon Mexican spice mix
½ small onion, thinly sliced
¼ red pepper, thinly sliced
Fresh cilantro
6 corn or flour tortillas
Sea salt and freshly ground pepper

- Preheat a grill pan to medium heat and add half the oil.
- Season chicken with spice mix.
- Grill chicken, turning once, until center is cooked through. Remove from pan.
- Add vegetables; grill until tender but not mushy. Remove from pan.
- Warm tortillas in pan. Assemble tacos. Serve topped with salsa.

Pico de Gallo

¼ cup finely diced red pepper
1 shallot, minced
1 jalapeno, minced
1 jalapeno in adobo, minced
1 teaspoon each onion and garlic powder
½ teaspoon cumin powder
Juice of 1 lime
1 cup finely diced ripe tomatoes
Fresh cilantro
Sea salt and freshly ground pepper

- Add peppers, shallot, jalapeno, spices and lime juice to a mixing bowl.
- Season with salt and pepper; let stand 10 minutes. Stir in tomato and cilantro.

Southwestern Rice

Citrus Dressing

2 tablespoons cider vinegar
Juice and zest of 1 lime
1 egg yolk
1 tablespoon honey
2 teaspoons Worcestershire sauce
2 teaspoons Dijon mustard
2 cloves garlic, chopped
1 teaspoon each onion and garlic powder
¾ cup blended oil
Sea salt and freshly ground black pepper

Salad

2 cups cooked rice
1 tomato, diced
1 small roasted pepper, diced
1 small piece cucumber, diced
½ small red onion, thinly sliced
2 tablespoons grated feta or goat cheese

- Add vinegar, juice and zest of lime, egg, honey, Worcestershire, Dijon, garlic and spices to a bowl.
- Season with salt and pepper. While whisking, slowly add oil. Adjust seasoning.
- Add salad ingredients to bowl.
- Toss with dressing to taste (reserve remaining).