

Corn and Bacon Salad

1 tablespoon oil
1 cup corn kernels
½ cup par cooked bacon

½ head romaine, chopped
¼ cup diced tomatoes
¼ small red onion, minced
1 piece red pepper, finely diced
Caesar dressing, to taste
2 tablespoons cotijo or parmesan cheese
Croutons
Sea salt and freshly ground pepper

- Preheat saute pan to medium heat and add the oil.
- Cook corn until light golden.
- Add bacon; cook until crispy.
- Remove from heat; let cool slightly.
- Add romaine, tomatoes, onions, peppers and corn mixture to a bowl.
- Toss with dressing. Serve topped with cheese and croutons.

Mexican Chorizo Sausage with Eggs

½ tablespoon olive oil
2 green onions, thinly sliced
¼ pound fresh chorizo
2 large eggs, lightly beaten
¼ red pepper, finely diced
½ cup diced potatoes
½ cup grated Mexican cheese
Sour cream, optional
Sea salt and freshly ground pepper

- Add oil to a sauté pan; place over medium heat until oil is warm, about 1 minute.
- Add chorizo and cook, stirring, until fully cooked and lightly browned.
- Stir in the potatoes; cook until tender.
- Add onion and peppers; sauté until translucent.
- Add eggs to pan; cook, undisturbed, for about 30 seconds.
- Stir eggs; cook until they begin to set.
- Continue cooking until eggs are set.
- Top with cheese and sour cream.

Chicken Tacos with Pineapple Salsa

¼ pineapple, diced
1 piece roasted red pepper
¼ small red onion, minced
1 tablespoon minced jalapenos
Juice of ½ lime
1 tablespoon minced fresh cilantro

1 teaspoon olive oil
½ poblano pepper, diced
1 piece cooked chicken
½ teaspoon cumin
½ teaspoon chili powder
2 flour tortillas
Sea salt and fresh ground black pepper

- Add pineapple, pepper, onions and jalapeno to a bowl.
- Stir in lime juice and cilantro; season with salt and pepper.
- Preheat saute pan over medium heat.
- Add oil; cook peppers until tender and lightly browned.
- Add chicken; cook just until warmed
- Stir in spices. Remove from pan.
- Quickly heat tortillas just to warm, about 15 seconds per side.
- Serve chicken in warm tortillas; garnish with salsa.