

Chicken Enchiladas

1 tablespoon olive oil
½ small onion, diced
2 mushrooms, thinly sliced
¼ red pepper, diced
½ tablespoon Mexican spice mix
1 cup shredded cooked chicken
¼ cup black beans
½ cup shredded cheddar cheese, divided
1 cup enchilada sauce
4 corn tortillas
2 tablespoons minced cilantro
Sea salt and freshly ground black pepper

- Preheat oven to 350 degrees. Bring a skillet to medium heat and add the oil.
- Cook the onions, mushrooms, and peppers until golden brown and tender. Season with spice mix.
- Stir in chicken, black beans and ½ of the cheese.
- Spread ½ cup of the sauce in bottom of small rectangular baking dish.
- Divide filling among tortillas; roll up and place in pan. Top with remaining sauce and cheese.
- Bake until bubbling and cheese is melted. Remove from oven; garnish with cilantro.

Southwestern Salad with Citrus Dressing

Citrus Dressing

2 tablespoons cider vinegar
Juice and zest of ½ lime
1 egg yolk, optional
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

1 head romaine, chopped
1 tomato, diced
1 small roasted pepper, diced
1 small piece cucumber, diced
½ small red onion, thinly sliced
2 tablespoons grated cheddar cheese
Croutons

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

Shrimp Tacos with Pineapple Salsa

Pineapple Salsa

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

Shrimp

2 teaspoons olive oil
6 large shrimp, peeled and deveined
1 tablespoon Mexican spice mix
2 flour tortillas

- Add pineapple, pepper, shallot and jalapeno to a mixing bowl.
- Stir in spices, and lime juice; season with salt and pepper.
- Preheat a saute pan to medium heat and add the oil.
- Season shrimp with spice mix. Cook, turning once, until cooked through.
- Serve shrimp in tortillas; top with salsa.