

The background is a light beige color with scattered confetti in shades of pink, green, and gold. There are several decorative elements: two colorful pinatas (one in the top left and one in the top right), a red chili pepper on the left, a green chili pepper at the bottom center, a sombrero with a guitar and maracas on the bottom right, and various stars and swirls throughout. The text is centered in a large white oval.

**JOIN US**

**MEXICAN STYLE  
FIESTA CRUISE**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b> 	Orange Juice Banana Mexican Breakfast Casserole with Sausage Brown Sugar Oatmeal White toast	Apple Juice Orange Huevos Rancheros & Tortilla Breakfast pork sausage Cheerios	Cranberry Juice Mexican Fruit Salad Tres Leches Pancakes Pan Fried Bacon Special K	Orange Juice Apple Breakfast Burrito with Bacon and Ham Cinnamon Oatmeal	Apple Juice Grapefruit Mexican Egg Skillet Taylor Ham Raisin Bran Wheat Toast
<b>LUNCH</b> 	Pico De Gallo with Chips Tacos de Carne Asada Cilantro Lime White Rice Jicama Fries Garden Salad Churros con Chocolate	Jalapeno Poppers Steak and Cheese Quesadillas with sauteed peppers and onions Brown Rice Southwestern Salad with black beans Dulche De Leche	Black Bean Soup Mexican Stuffed Mushrooms with ground beef Boiled Baby Potatoes Mexican Street Corn Salad Caramel Flan	Mango Ceviche Chicken Empanadas Corn Bread Sautéed Spinach Rice Pudding	Guacamole with Chips Burrito Bowl with Brown Rice Roasted zucchini Garden Salad Chocolate Chip Cookie
<b>DINER</b> 	Fideo Noodle Soup Lemon Pepper Grilled Chicken Mashed Potatoes Tangy Mexican Coleslaw Avocado Corn Salad Vanilla Ice Cream	Refried Beans Mexican Chicken Chili Corn Bread Chipotle Lime Roasted Cauliflower Garden Salad Brownie	Pico De Gallo with Chips Birria Mexican Beef Stew Spanish Rice Roasted Carrots Cesar Salad Chocolate Cake	Mexican Nachos Tamales Fried Plantains Stewed Tomatoes Quinoa Salad Mexican Sweet Bread	Mexican Cabbage Soup Chicken Enchilada Casserole Baked Sweet Potato Roasted Brussel Sprouts Caprese Salad Mexican Wedding Cookies

	<b>Tuesday Original</b>	<b>Tuesday Modified</b>
<b>Breakfast</b>	<p>Apple Juice (8 oz.)</p> <p>Orange (medium)</p> <p>Huevos Rancheros + Flour Tortilla (1 serving, 1 medium tortilla)</p> <p>Breakfast pork sausage (1 sausage)</p> <p>Cheerios (1 cup)</p>	<p>Apple Juice (8 oz.)</p> <p>Orange (medium)</p> <p>Egg white seasoned with sriracha + whole wheat tortilla (1 large egg white + 1 tsp sriracha)</p> <p>Breakfast chicken sausage (1 sausage)</p> <p>Cheerios (1 cup)</p>
<b>Lunch</b>	<p>*Jalapeno Poppers (3 poppers)</p> <p>Steak and Cheese Quesadillas with sauteed peppers and onions (1 large Quesadilla with 1 cup of sauteed vegetables)</p> <p>Brown Rice (1 cup cooked)</p> <p>Southwestern Salad with black beans (2 cups)</p> <p>*Dulche De Leche Truffle (1 serving)</p>	<p>*Broccoli Poppers (1 serving/1 oz)</p> <p>Cheese Quesadilla with sauteed peppers and onions (1 large Quesadilla with 1 cup of sauteed vegetables)</p> <p>Brown Rice (1 cup cooked)</p> <p>*Cranberry Quinoa Salad (1 cup)</p> <p>Caramel Oatmeal Cookie (1 cookie)</p>
<b>Dinner</b>	<p>Refried Beans (0.5 cups)</p> <p>*Mexican Chicken Chili (1.6 cups)</p> <p>Corn Bread (1.25 oz)</p> <p>*Chipotle Lime Roasted Cauliflower (4 oz)</p> <p>Garden Salad (2 cups)</p> <p>Brownie (1 serving)</p>	<p>Hummus dipped celery (3 stalks of celery + 2 Tbsp Hummus)</p> <p>*Reduced Sodium Chicken Chili (1.5 cups)</p> <p>Corn Bread (1.25 oz)</p> <p>*Chipotle Lime Roasted Cauliflower (4 oz)</p> <p>Garden Salad (2 cups)</p> <p>Mixed Fresh Fruits (0.5 cups)</p>

**Original Menu (totals for the day):**

Calories	Total Fat	Saturated Fat	Cholesterol	Sodium
3,433 kcal	123 gm	47 gm	421 mg	5,543 mg

**Modified Diet (totals for the day):**

Calories	Total Fat	Saturated Fat	Cholesterol	Sodium
2,113 kcal	59 gm	14 gm	60 mg	1,895 Mg

**J.F.**

## Nutrient Analysis Report for Original Menu:

<b>Breakfast</b>	<b>Calories kcal</b>	<b>Carbs g</b>	<b>Fat g</b>	<b>Chol mg</b>	<b>Sodium mg</b>	<b>Sat Fat g</b>	
Juice - Apple Juice, 8 oz	110	28	0	0	35	0	⊖
Orange, 1 medium	62	15	0	0	0	0	⊖
Huevos Rancheros, 1 serving	644	39	43	237	1,561	13	⊖
Flour tortilla, 1 medium	138	22	4	0	331	1	⊖
Cheerios, 1 cup	104	20	2	0	139	0	⊖
Pork breakfast sausage - Pork breakfast sausage, 1 sausage	135	0	13	19	290	4	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>1,193</b>	<b>124</b>	<b>62</b>	<b>256</b>	<b>2,356</b>	<b>18</b>	

<b>Lunch</b>							
Realgood Poppers - Jalapeno Poppers, 3 poppers	190	3	10	85	230	5	⊖
Chipotle - Peppers and Onions, 1 scoop (2.5 oz.)	20	5	0	0	150	0	⊖
Homemade Brown Rice - Brown Rice, 1 Cup Cooked	150	32	1	0	0	0	⊖
Trifle - Dulche De Leche, 1 serve	176	31	5	0	92	4	⊖
Excelline (Sam's Club) - Steak & Cheese Quesadillas, 1 Quesadilla	280	33	11	20	790	6	⊖
Eating Well - Southwestern Salad With Black Beans, 1 Salad	235	43	4	0	307	1	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>1,051</b>	<b>147</b>	<b>31</b>	<b>105</b>	<b>1,569</b>	<b>16</b>	

<b>Dinner</b>							
Refried Beans - Refried Beans, 0.5 cup	100	18	1	0	540	0	⊖
Generic - Mexican Chicken Chili, 1.6 cups	410	47	11	60	860	4	⊖
Vidafit - Chipotle-lime Cauliflower, 4 oz	69	6	5	0	18	1	⊖
Corn Bread Famous Dave's - Corn Bread, 1.25 oz (35g)	150	27	4	0	190	2	⊖
Heb Garden Salad - Garden Salad, 2 cups	15	3	0	0	10	0	⊖
Hershey's Brownie - Brownie, 43 gram	220	35	9	0	0	6	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>964</b>	<b>136</b>	<b>30</b>	<b>60</b>	<b>1,618</b>	<b>13</b>	

<b>Snacks</b>							
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>							

<b>Totals</b>	<b>3,208</b>	<b>407</b>	<b>123</b>	<b>421</b>	<b>5,543</b>	<b>47</b>
<b>Your Daily Goal</b>	<b>1,610</b>	<b>201</b>	<b>54</b>	<b>300</b>	<b>2,300</b>	<b>18</b>
<b>Remaining</b>	<b>-1,598</b>	<b>-206</b>	<b>-69</b>	<b>-121</b>	<b>-3,243</b>	<b>-29</b>
	<b>Calories kcal</b>	<b>Carbs g</b>	<b>Fat g</b>	<b>Chol mg</b>	<b>Sodium mg</b>	<b>Sat Fat g</b>

J.F.

## Nutrient Analysis Report for Modified Diet:

Breakfast	Calories kcal	Carbs g	Fat g	Chol mg	Sodium mg	Sat Fat g	
Juice - Apple Juice, 8 oz	110	28	0	0	35	0	⊖
Orange, 1 medium	62	15	0	0	0	0	⊖
Egg white, 1 large	17	0	0	0	55	0	⊖
Sriracha, 1 tsp	5	1	0	0	95	0	⊖
Whole Foods - Whole Wheat Tortilla, 1 piece	120	19	3	0	125	1	⊖
Johnsonville Chicken Sausage - Chicken Sausage, 1 link	150	5	9	60	650	3	⊖
Cheerios, 1 cup	104	20	2	0	139	0	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>568</b>	<b>88</b>	<b>14</b>	<b>60</b>	<b>1,099</b>	<b>4</b>	

### Lunch

Chipotle - Peppers and Onions, 1 scoop (2.5 oz.)	20	5	0	0	150	0	⊖
Homemade Brown Rice - Brown Rice, 1 Cup Cooked	150	32	1	0	0	0	⊖
Broccoli Poppers - Broccoli Poppers, 1 oz	148	11	8	0	0	1	⊖
Generic - Quesadilla, Cheese, 1 Large	200	10	9	0	0	5	⊖
Quinoa Salad - Cranberry Quinoa Salad, 1 cup	213	30	8	0	0	1	⊖
New Homemade Oatmeal Cookie - Oatmeal Cookie, 1 cookie	79	0	0	0	0	0	⊖
Carmel Cookie - cookie, 20 grams	80	11	4	0	0	0	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>890</b>	<b>99</b>	<b>30</b>	<b>0</b>	<b>150</b>	<b>7</b>	

### Dinner

Heb Garden Salad - Garden Salad, 2 cups	15	3	0	0	10	0	⊖
Corn Bread Famous Dave's - Corn Bread, 1.25 oz (35g)	150	27	4	0	190	2	⊖
Vidafit - Chipotle-lime Cauliflower, 4 oz	69	6	5	0	18	1	⊖
Celery and Pine Nut Hummus - Celery & Hummus, 3 Stalks Celery/ 2 Tbs Hummus	100	0	0	0	0	0	⊖
Leslie's Kitchen - Reduced Sodium Chili #1, 1.5 cups	251	30	4	0	428	0	⊖
Heb - Fresh Fruit(Mixed Fresh Fruit), 0.5 cup	70	11	2	0	0	0	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>655</b>	<b>77</b>	<b>15</b>	<b>0</b>	<b>646</b>	<b>3</b>	

### Snacks

[Add Food](#) | [Quick Tools](#)

Totals	2,113	264	59	60	1,895	14
Your Daily Goal	1,610	201	54	300	2,300	18
Remaining	-503	-63	-5	240	405	4
	Calories kcal	Carbs g	Fat g	Chol mg	Sodium mg	Sat Fat g

J.F.

	<b>Monday Original</b>	<b>Monday Modified</b>
<b>Breakfast</b>	<p>Orange Juice (8 oz.)</p> <p>Banana (medium)</p> <p>*Mexican Breakfast Casserole with Sausage (1 serving)</p> <p>Brown Sugar Oatmeal (1 cup)</p> <p>White Toast (1 slice)</p>	<p>Orange Juice (8 oz.)</p> <p>Banana (medium)</p> <p>*Egg White Vegetable Casserole (1 serving)</p> <p>Oatmeal with Honey (1 cup &amp; 1t honey)</p> <p>Wheat toast (1 slice)</p>
<b>Lunch</b>	<p>*Pico De Gallo with Chips (1 serving)</p> <p>Tacos de Carne Asada (1 taco)</p> <p>Cilatro Lime White Rice (0.5 cup)</p> <p>*Jicama Fries (0.5 cup)</p> <p>Garden Salad (2 cups)</p> <p>Churros con Chocolate (1 churro)</p>	<p>*Pico de Gallo with lightly salted chips (1 serving)</p> <p>Chicken Tacos on Almond Flour Tortilla (4 oz. chicken &amp; 1 tortilla)</p> <p>Brown Rice (1 cup)</p> <p>*Baked Jicama Fries (0.5 cup)</p> <p>Garden Salad (2 cups)</p> <p>Sugar Free Chocolate Pudding (1 cup)</p>
<b>Dinner</b>	<p>*Fideo Noodle Soup (1 cup)</p> <p>Lemon Pepper Grilled Chicken (4 oz)</p> <p>Mashed Potatoes (1 cup)</p> <p>Tangy Mexican Coleslaw (0.5 cup)</p> <p>Acocado Corn Salad (0.5 cup)</p> <p>Vanilla Ice Cream (1 cup)</p>	<p>*Fideo Noodle Soup (1 cup)</p> <p>Lemon Pepper Grilled Chicken (4 oz)</p> <p>Steamed Broccoli (1 cup)\</p> <p>Tangy Mexican Coleslaw (0.5 cup)</p> <p>Avocado Corn Salad (0.5 cup)</p> <p>Sugar Free Vanilla Ice Cream (0.5 cup)</p>

**H.M.**

**Original Menu (totals for the day):**

Calories	Total Fat	Saturated Fat	Cholesterol	Sodium
3,171	137 gm	25 gm	298 mg	3,685 mg

**Modified Diet (totals for the day):**

Calories	Total Fat	Saturated Fat	Cholesterol	Sodium
1,957	57 gm	10 gm	201 mg	1,737 mg

**H.M.**



## Nutrient Analysis Report for Original Menu:

Breakfast	Calories kcal	Carbs g	Fat g	Chol mg	Sodium mg	Sat Fat g	
Orange juice, 1 cup (8 fl oz)	119	28	0	0	5	0	⊖
Banana, 1 medium	105	27	0	0	1	0	⊖
Mexican Breakfast Casserole - Mexican Breakfast Casserole, 4 oz	415	11	22	150	548	0	⊖
Quaker instant oatmeal brown sugar - Oatmeal, 1  2 cup	160	32	2	0	260	1	⊖
White bread, 1 medium or regular slice	76	14	1	0	134	0	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>875</b>	<b>112</b>	<b>25</b>	<b>150</b>	<b>948</b>	<b>1</b>	

Lunch	Calories kcal	Carbs g	Fat g	Chol mg	Sodium mg	Sat Fat g	
Pico De Gallo - Pico De Gallo Recipe, 2 Tbsp	40	3	4	0	105	1	⊖
Fiesta tortilla chips - Tortilla Chips, 10 chips	160	19	9	0	65	2	⊖
Chipotle - Cilantro-Lime White Rice, 4 oz	170	31	4	0	200	1	⊖
Hocotlan - Tacos De Carne Asada, 1 Taco	290	28	17	0	450	4	⊖
Heb Garden Salad - Garden Salad, 2 cups	15	3	0	0	10	0	⊖
California Churros - Churros, 1 churro	210	26	10	0	180	1	⊖
Jicama - Jicama Fries, 2 oz	145	0	10	15	298	2	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>1,030</b>	<b>110</b>	<b>54</b>	<b>15</b>	<b>1,308</b>	<b>11</b>	

Dinner	Calories kcal	Carbs g	Fat g	Chol mg	Sodium mg	Sat Fat g	
Homemade - Mexican Noodle Soup (Sopa De Fideo), 1 Cup	194	22	8	7	322	2	⊖
Homemade - Grilled Lemon Pepper Chicken, 1 cooked breast (4 oz)	210	0	4	65	290	0	⊖
Mashed Potatoes, 1 cup	237	36	9	2	699	2	⊖
Homemade - Tangy Coleslaw, 0.5 cup	105	11	7	0	10	0	⊖
Homemade - Avocado Corn Salad, 1 cup	241	33	15	0	0	0	⊖
Vanilla ice cream, 1 cup	279	32	15	59	108	9	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>1,266</b>	<b>134</b>	<b>58</b>	<b>133</b>	<b>1,429</b>	<b>13</b>	

<b>Totals</b>	<b>3,171</b>	<b>356</b>	<b>137</b>	<b>298</b>	<b>3,685</b>	<b>25</b>
<b>Your Daily Goal</b>	<b>1,860</b>	<b>233</b>	<b>62</b>	<b>300</b>	<b>2,300</b>	<b>21</b>
<b>Remaining</b>	<b>-1,311</b>	<b>-123</b>	<b>-75</b>	<b>2</b>	<b>-1,385</b>	<b>-4</b>
	<b>Calories kcal</b>	<b>Carbs g</b>	<b>Fat g</b>	<b>Chol mg</b>	<b>Sodium mg</b>	<b>Sat Fat g</b>

H.M.

## Nutrient Analysis Report for Modified Diet:

Breakfast	Calories kcal	Carbs g	Fat g	Chol mg	Sodium mg	Sat Fat g	
Orange juice, 1 cup (8 fl oz)	119	28	0	0	5	0	⊖
Banana, 1 medium	105	27	0	0	1	0	⊖
Joyfulhealthyeats.com - Egg White Vegetable Breakfast Casserole, 1 piece	75	7	3	2	206	0	⊖
Oatmeal - Regular Oatmeal, 1 pkg	100	19	2	0	80	0	⊖
Honey, 1 tsp	21	6	0	0	0	0	⊖
Wheat Toast - Toast, 1 slice	70	14	1	0	140	0	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>490</b>	<b>101</b>	<b>6</b>	<b>2</b>	<b>432</b>	<b>0</b>	

Lunch	Calories kcal	Carbs g	Fat g	Chol mg	Sodium mg	Sat Fat g	
Pico De Gallo - Pico De Gallo Recipe, 2 Tbsp	40	3	4	0	105	1	⊖
La Tapatia - Tortilla Chips, Low Sodium, 1 oz. (28g) 11pcs.	140	19	0	0	10	1	⊖
Chipotle Mexican Grill - Seasoned Chicken, 4 oz. Cooked	190	1	7	115	370	2	⊖
Jicama - Baked, 100 grams	36	8	0	0	0	0	⊖
Heb Garden Salad - Garden Salad, 2 cups	15	3	0	0	10	0	⊖
Pudding - Sugar Free Chocolate Pudding, 1 pudding cup (92g)	60	13	2	0	0	0	⊖
Homemade Brown Rice - Brown Rice, 1 Cup Cooked	150	32	1	0	0	0	⊖
siete - siete almond flour tortilla, 1 tortilla	80	10	6	0	110	1	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>711</b>	<b>89</b>	<b>20</b>	<b>115</b>	<b>605</b>	<b>5</b>	

Dinner	Calories kcal	Carbs g	Fat g	Chol mg	Sodium mg	Sat Fat g	
Homemade - Mexican Noodle Soup (Sopa De Fideo), 1 Cup	194	22	8	7	322	2	⊖
Homemade - Grilled Lemon Pepper Chicken, 1 cooked breast (4 oz)	210	0	4	65	290	0	⊖
Broccoli, steamed, 1 cup	27	6	0	0	32	0	⊖
Homemade - Tangy Coleslaw, 0.5 cup	105	11	7	0	10	0	⊖
Homemeade - Avocado Corn Salad, 0.5 cup	121	17	8	0	0	0	⊖
Ice Cream, Vanilla - Sugar Free, 0.5 cup	99	15	4	12	46	3	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>756</b>	<b>71</b>	<b>31</b>	<b>84</b>	<b>700</b>	<b>5</b>	

Snacks	Calories kcal	Carbs g	Fat g	Chol mg	Sodium mg	Sat Fat g	
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>							

<b>Totals</b>	<b>1,957</b>	<b>261</b>	<b>57</b>	<b>201</b>	<b>1,737</b>	<b>10</b>
<b>Your Daily Goal</b>	<b>1,860</b>	<b>233</b>	<b>62</b>	<b>300</b>	<b>2,300</b>	<b>21</b>
<b>Remaining</b>	<b>-97</b>	<b>-28</b>	<b>5</b>	<b>99</b>	<b>563</b>	<b>11</b>
	<b>Calories kcal</b>	<b>Carbs g</b>	<b>Fat g</b>	<b>Chol mg</b>	<b>Sodium mg</b>	<b>Sat Fat g</b>

H.M.

Recipes -

**MONDAY:**

Breakfast:

# Healthy Mexican Breakfast Casserole

This Mexican Breakfast Casserole is a healthy brunch recipe that is easy to meal prep ahead of time and bake in the oven when you're ready to eat. It's full of ground sausage, salsa, eggs, cheese, corn tortillas, and tons of spicy taco flavor!

**Course** Breakfast, main dish

**Cuisine** Mexican

**Prep Time** 20 minutes

**Cook Time** 50 minutes

**Total Time** 1 hour 10 minutes

**Servings** 10 servings

**Calories** 373 kcal

London Brazil

## Ingredients

- 2 Tbsp. oil or butter
- 1 small green bell pepper
- 1 small sweet onion finely
- 1 tsp. salt divided
- ½ tsp. black pepper
- ½ lb. ground sausage regular
- ½ lb. ground beef or turkey 93/7
- 2 Tbsp. taco seasoning
- 1 cup salsa mild or medium
- 1 cup canned sweet corn drained
- 1 cup canned black beans rinsed and drained
- 12 large eggs
- ¼ cup milk cashew, almond, or soy milk
- 8 corn tortillas cut into quarters
- 2 cups shredded cheese cheddar or Monterrey Jack

## Instructions

1. Preheat oven to 375 °F.
2. Add oil, onions, and peppers to a large skillet and sauté for 2-3 minutes over medium heat.
3. Add ground sausage and beef. Cook for 6-8 minutes or until cooked through. Use a potato masher to crumble the meat.
4. Add taco seasoning, ½ t. salt and ¼ t. pepper. Stir to combine.
5. In a medium bowl combine salsa, corn, and black beans. Stir to combine.
6. In a large bowl combine eggs, ¼ c. milk, ½ t. salt and ¼ t. pepper. Whisk to combine.
7. Spray a 9 x 13 inch pan with non-stick cooking spray.
8. Layer half of the meat mixture, 16 tortilla quarters, half of the salsa/corn mixture, and 1 cup of cheese. Repeat all layers except for the last cheese layer.
9. Pour egg mixture over the layers and top with remaining cheese.
10. Bake for 45-55 minutes, or until middle no longer jiggles.
11. Serve with cilantro, green onions, avocados and extra salsa.

## Recipe Notes

- Prep-ahead Instructions:
  - Stop before baking and refrigerate the casserole dish for up to 2 days.
  - On the morning of serving, pull out the dish at least 30 minutes ahead of time so it can come to room temperature.
  - Proceed with the baking directions as instructed.

Lunch:

# Pico de Gallo Recipe

This easy pico de gallo recipe is the perfect topping for tacos and burritos and makes a great dip for tortilla chips!

**Course**Appetizers

**Cuisine**Mexican

**Prep Time**10 minutes

**Cook Time**1 minute

**Total Time**11 minutes

**Servings**4

**Calories**27kcal

**Author**Sara Welch

## Ingredients

- 1 1/2 cups diced roma tomatoes cored and seeded
- 1/3 cup finely chopped red onion

- 1 jalapeno seeds and ribs removed, then minced
- 1/4 teaspoon minced garlic
- 1/3 cup chopped cilantro leaves
- the juice of one lime
- salt to taste

## Instructions

1. Place all the ingredients in a bowl and stir to combine. Cover and refrigerate until ready to serve.

### TACOS DE GALLO WITH CHIPS

#### INGREDIENTS

2 x 400g rib-eye steaks (bone in), at room temperature

8 white corn tortillas

1/2 cup shredded iceberg lettuce

Sour cream, coriander leaves, thinly sliced radish (we used watermelon radishes), and lime wedges, to serve

#### GUACAMOLE

1 avocado, chopped

1 bunch coriander, leaves picked

1 small red chilli, chopped

1/2 small garlic clove, chopped

1 Asian (red) eschalot, chopped

Juice of 2 limes

#### PICO DE GALLO

1 tomato, finely chopped

1 red onion, finely chopped

1/2 bunch coriander, leaves picked, finely chopped

Juice of 1/2 a lime

# Easy Baked Jicama Fries Recipe

Time to swap out your go-to French fry recipe and make these baked jicama fries instead! They are vegan, gluten-free, keto, healthy and low carb! The fun doesn't stop there! This tasty recipe is easy to make and provides you with a crunch! You'll even get a recipe for chimichurri sauce for dipping your jicama fries in!

**Prep Time**10 minutes

**Cook Time**30 minutes

**Total Time**40 minutes



## Ingredients

- 1 lb. jicama peeled and cut into thin strips
- 2 tsp lime juice
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp chili powder
- 1/4 tsp cumin
- 1/4 tsp ground black pepper
- chopped cilantro for topping

## Instructions

Turn the oven on to 425 degrees F. Line a baking sheet with parchment paper  
Put the jicama in a microwave-safe bowl with water and microwave on high for 6 minutes. Or you can pour boiling hot water over the fries in a bowl and let sit for 10 minutes. Drain.

Place the drained jicama on the lined baking sheet and add the rest of the ingredients.  
Coat well!

Make sure the jicama fries are lined up with enough space between them and bake for 25-30 minutes. Serve and enjoy!

DINNER:

# Sopa de Fideo (Mexican Noodle Soup)

How to Make Sopa de Fideo? It is a warm comforting soup made with a tangy tomato base and golden brown noodles. Kids love it!!

**Course**Soup

**Cuisine**Mexican

**Cook Time**30 minutes

**Total Time**30 minutes

**Servings**4 servings

**Calories**289kcal

**Author**Dora S.

## Ingredients

- 1 tbsp. Oil (optional)
- 8 oz. Angel hair pasta or whole wheat thin spaghetti, broken into 1 in. pieces
- 1 can (14.5 oz) Diced tomatoes or 2 cups of fresh diced tomatoes
- ½ Onion, white, chopped
- 3 Garlic cloves, peeled
- 10 cups Vegetable stock
- 1 Mexican zucchini, diced
- 1 Lime, cut into quarters

## Instructions

1. In a medium pot get your vegetable stock boiling hot and set aside.

2. Set a large pot to medium heat and add oil. Once the oil is hot add broken up noodles and toss to coat in oil. Continue to cook until noodles are golden brown, about 3 minutes.
3. While the noodles are browning, place the tomatoes, onion, garlic, and 2 cups of the vegetable stock in the blender and process until smooth.
4. Strain this mixture directly into the golden noodles still in the hot pot. Stir to prevent the noodles from sticking.
5. Let mixture simmer for 1 minute. Add the rest of your stock and set heat to high. Add zucchini and cook noodles at a low boil until noodles are al dente and zucchini is tender. Stir often. Season.
6. Serve with a wedge of lime so everyone can add as much lime juice as they like.

## Mexican Coleslaw Recipe



5 from 4 reviews

**Prep Time: 15 minutes**

**Cook Time: 0 minutes**

**Yield: 4 to 6 servings 1x**

This easy Mexican coleslaw recipe is deliciously fresh and tangy, featuring cabbage, red onion, cilantro, and cumin. Perfect as a side or on tacos!



## Ingredients

1x2x3x

- 8 cups shredded cabbage (1/2 large or 1 medium head green cabbage; or do half red cabbage and half green)
- 1 cup shredded carrot (1 large or 2 medium carrots)
- 1/4 red onion
- 1/2 cup finely [chopped cilantro](#)
- 1/4 cup apple cider vinegar



- 2 tablespoons olive oil
- 1/2 teaspoon cumin seed
- 1 teaspoon ground cumin
- 1 teaspoon [kosher salt](#)
- Fresh ground pepper

## Instructions

1. Thinly [slice the cabbage](#). Shred the carrot. Thinly [slice the red onion](#). Finely [chop the cilantro](#).
2. In a medium bowl, mix all ingredients together. Taste and add additional salt or pepper if needed. Serve immediately. (Make ahead: slice the veggies in advance and store refrigerated. Mix together with the vinegar, olive oil, cumin seed, ground cumin, salt and pepper directly before serving. Store leftovers refrigerated; if you find the flavor needs refreshing, add a splash of vinegar, drizzle of olive oil and pinch of [kosher salt](#) to taste.)

## Avocado Corn Salad

4.99 from 240 votes

**Prep Time:** 10 minutes **Cook Time:** 18 minutes **Total Time:** 28 minutes

This Avocado Corn Salad is a bright and feel good summer salad that's loaded with grilled corn, creamy avocado, cherry tomatoes and the dressing gives it amazing fresh flavor.

**Author:** Natasha Kravchuk

**Course:** Salad, Side Dish

**Cuisine:** American

**Keyword:** corn salad

**Skill Level:** Easy

**Cost to Make:** \$8-\$10

**Calories:** 206

**Servings:** **6** as a side salad

## Ingredients

1 lb cherry tomatoes, halved or quartered  
3 ears of corn, cooked, shucked and cut off the cob  
2 avocados, peeled, pitted and sliced  
1/2 red onion (medium), thinly sliced  
1/4 cup cilantro, chopped (1/2 small bunch)  
2 Tbsp **extra virgin olive oil**  
2 to 3 Tbsp lime juice, from 1 to 2 limes  
2 garlic cloves, pressed or finely minced  
1 tsp **sea salt**, or 3/4 tsp table salt  
1/8 tsp black pepper

**US Customary** - **Metric**

## Instructions

1. In a large salad bowl, combine sliced tomatoes, corn kernels, sliced avocado, thinly sliced red onion, 1/4 cup chopped cilantro and press in 2 garlic cloves.
2. Drizzle the top with 2 Tbsp extra virgin olive oil, 2-3 Tbsp lime juice (adding it to taste). Add 1 tsp sea salt and 1/8 tsp black pepper, or season to taste. Toss the salad gently just until combined and serve.

## **TUESDAY:**

Breakfast:

# Huevos Rancheros

**COOK TIME**20 mins

**TOTAL TIME**20 mins

**SERVINGS**2 to 4 servings

The recipe is flexible! Sometimes, we use canned salsa and just add a few more chopped tomatoes and some chopped pickled jalapeños to make the sauce.

Sometimes if we have some leftover refried beans, we'll spread some on the tortillas before topping them with the eggs and salsa. My mother has been known to add a pinch of sugar to the salsa if she feels it's too acidic for her taste.

## Ingredients

1 tablespoon extra virgin olive oil

1/2 medium onion, chopped

1 (15-ounce) can whole or crushed tomatoes (preferably fire-roasted), or 1 to 2 large fresh tomatoes, when in season

1/2 (6 ounce) can diced green Anaheim chiles

Chipotle chili powder, adobo sauce, or ground cumin to taste, optional

4 corn tortillas

Butter

4 large eggs

2 tablespoons fresh cilantro, chopped, optional

## Method

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Make the salsa:

Sauté the onions in a little olive oil in a large skillet on medium heat. Once the onions are

translucent, add the tomatoes and their juices. If using whole canned tomatoes, break them up with your fingers or a spatula as you put them in the pan.

If you are using fresh tomatoes, chop them first before adding. Note that fresh tomatoes will take longer to cook as canned tomatoes are already cooked to begin with.

Add chopped green chilies. Add additional seasoning to taste, either chipotle chili powder, adobo sauce, regular chili powder, or even ground cumin.

Bring to a simmer, reduce heat to low, and let simmer while you do the rest of the cooking, stirring occasionally. Reduce to warm after it has been simmering for 10 minutes. Add salt to taste, if needed.

Warm the plates:

Heat the oven to 150°F. Place serving plates (not plastic, obviously) in the oven to keep warm.

Prepare the tortillas:

Heat a teaspoon of olive oil in a large non-stick skillet on medium high, coating the pan with the oil.

One by one (or more if your pan is big enough) heat the tortillas in the pan, a minute or two on each side until they are heated through, softened, and pockets of air bubble up inside of them.

Remove and stack the tortillas on one of the warming plates in the oven to keep warm while you continue cooking the rest of the tortillas and the eggs.

Fry the eggs:

Using the same skillet you used for the tortillas, add a little butter to the pan, about two

teaspoons for 4 eggs. Heat the pan on medium high heat. Crack 4 eggs into the skillet and cook for 3 to 4 minutes for runny yolks, a minute or two longer for firmer eggs.

Assemble and serve:

To serve, spoon a little of the sauce onto a warmed plate. Top with a tortilla, then a fried egg. Top with more sauce, sprinkle with cilantro if desired.

Serve either one or two eggs and tortillas per plate, depending on how much you want to eat. I'm a two-egg, two-tortilla person myself.

Lunch:

## Baked Jalapeño Poppers

---

### SAVE

- Author: Cookie and Kate
- Prep Time: 25 minutes
- Cook Time: 10 minutes
- Total Time: 35 minutes
- Yield: 12 peppers 1x
- Category: Appetizer
- Method: Baked
- Cuisine: American

★★★★★ 4.9 from 101 reviews

This lightened-up baked jalapeño popper recipe will be a big hit! They're stuffed with fresh, herbed cream cheese, and topped with a crispy and irresistible barbecue potato chip topping. Plus, they're vegetarian and gluten free. Recipe yields 12 stuffed peppers.

## INGREDIENTS

- 12 large jalapeño peppers
- 8 ounces cream cheese, at room temperature
- 1/4 cup chopped fresh cilantro, plus 1 tablespoon for garnish
- 1/4 cup chopped green onion, plus 1 tablespoon for garnish
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon fine sea salt
- 1/3 cup grated sharp cheddar cheese
- 2 tablespoons crumbled feta cheese, optional
- 1 big handful Kettle Brand Country Style Barbecue potato chips

## INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up. Cut off

one-third of each pepper lengthwise (see photos). Use a small spoon (a serrated grapefruit spoon works great) to scoop out the seeds and membranes from each pepper, and discard those pieces.

2. In a bowl, combine the cream cheese, ¼ cup chopped cilantro and green onion, garlic powder, onion powder and salt. Stir to combine.
3. Stuff the peppers with the cream cheese mixture (you might have a small amount left over). Top each of the peppers with a small mound of cheese lengthwise.
4. Bake for 10 to 13 minutes, until the cheese is bubbling and starting to turn golden.
5. Meanwhile, place a big handful of chips in a food processor and process until the chips are broken into tiny pieces (or, you can crush them under a rolling pin). Stir the feta, if using, and the remaining 1 tablespoon of cilantro and green onion into the chips.
6. Transfer the jalapeño poppers to a large serving dish and top each pepper with the crushed chip mixture. Serve!

Dinner:

## Mexican Chicken Chili

**TOTAL TIME:** Prep: 30 min. Cook: 5 hours

**YIELD:** 6 servings (2 quarts)

*Corn and black beans give this satisfying chili a Mexican flair the whole family will love. Adjust the cayenne if you have small children or are looking for a little less zip. —Stephanie Rabbitt-Schappacher, West Chester, Ohio*

## Ingredients

1 pound boneless skinless chicken breasts, cubed

1 tablespoon canola oil

2 cans (14-1/2 ounces each) diced tomatoes, undrained

2 cups frozen corn

1 can (15 ounces) black beans, rinsed and drained

1 can (14-1/2 ounces) reduced-sodium chicken broth

1 can (4 ounces) chopped green chiles

2 tablespoons chili powder

1 tablespoon ground cumin



1/2 teaspoon salt

1/4 teaspoon cayenne pepper

---

## Directions

1. In a large skillet, brown chicken in oil. Transfer to a 5-qt. slow cooker. Stir in the remaining ingredients. Cover and cook on low until chicken is no longer pink, 5-6 hours.

# Chipotle Lime Roasted Cauliflower

**Recipe video above.** One of the most delicious quick and easy dish I've ever made with cauliflower! Serve it as a side, or have it as a meal as I've done many times (yes, it's that good!)

Prep Time 10 mins

Cook Time 25 mins

Course: Side Dish Cuisine: South Western, Western Keyword: baked cauliflower, cauliflower recipe, roasted cauliflower Servings: 4 - 5 as a side Calories: 119cal Author: Nagi

## Ingredients

- 1 large head cauliflower , cut into florets
- 2 garlic cloves , minced
- 2.5 tbsp extra virgin olive oil
- 1.5 tsp chipotle powder (more or less for spiciness!) (Note 1)
- 3/4 tsp salt

- 1/2 tsp black pepper
- 1 tbsp lime juice (1 medium to large lime)
- 1 tbsp coriander/cilantro leaves , finely chopped (optional, sub parsley or chives)

## Instructions

1. Preheat oven to 200°C/390°F.
2. Place cauliflower in a large bowl. Drizzle over oil, sprinkle with garlic. Use hands to mix and rub oil over all cauliflower.
3. Sprinkle over chipotle, salt and pepper. Toss to coat.
4. Spread out on tray. Bake 25 minutes, tossing once, until the edges are caramlised and cauliflower is just tender.
5. Remove from oven. Push cauliflower together, drizzle over lime juice.
6. Sprinkle with coriander and serve hot.

### WEDNESDAY:

Breakfast:

# Mexican Fruit Salad

Put a Latin twist on a great summer recipe with this Mexican Fruit Salad. Sweet and savory tropical fruit is topped with a light chili lime sauce that has a nice little kick to it!

**Course**Salad

**Cuisine**Mexican

**Keyword**fruit salad

**Prep Time**15 minutes

**Cook Time**4 hours

**Servings**10 Cups

**Calories**79kcal

**Author**BubbaPie

## Ingredients

- 2 cups honeydew melon seeds and rinds removed
- 2 cups watermelon rind removed
- 2 cups cantaloupe rind removed
- 2 cups pineapple about 1/2 of a pineapple
- mangoes about 1-1/2 mangoes

- papaya about 1/2 of a papaya
- 3 tablespoons lime juice about 2 limes
- 2 tablespoons honey
- 1/4 to 1/2 teaspoon ancho chili powder
- dash of salt
- chopped fresh cilantro optional for topping/serving

## Tres Leches Panckaes

### Instructions

1. Add fruit to a large mixing bowl and mix well. Set aside.
2. In a small bowl, add lime juice, honey, chili powder and salt. Mix well.
3. Pour over fruit and mix well to evenly coat.
4. Refrigerate for 4 hours or overnight to let flavors mingle.
5. 2 cups all-purpose flour
6. 1 tablespoon baking powder
7. 1/2 cup almond milk
8. 1/2 cup oat milk
9. 3/4 cup coconut condensed milk
10. 1 tablespoon apple cider vinegar
11. 1 teaspoon vanilla extract
12. 1 pinch of salt

Toppings:

- Coconut condensed milk
- Cinnamon powder

---

### INGREDIENTS

Add apple cider vinegar to almond milk and set aside.

Add flour, baking powder and salt to a mixing bowl. Incorporate well.

Before adding coconut condensed milk, heat in the microwave for 10-15 seconds just enough to melt away coconut oil clots.

Next, add all wet ingredients to the mixing bowl and mix well but do not over-mix.

Turn a pan on medium heat and add a small amount of vegan butter. Pour about 1/2 cup of batter onto the pan. Once a good amount of bubbles appear, flip over to the other side and cook for another 3 minutes.

Repeat until all pancakes have been made.

Serve hot and drizzle with more coconut condensed milk and cinnamon powder.

Lunch:

## **Chipotle Black Bean Soup Recipe**

**Servings**

**8servings**

**Prep time**

**10minutes**

**Cooking time**

**2hours**

**Calories**

**236kcal**

**Ingredients**

**2 tablespoons olive oil**

1 yellow onion (finely diced)  
4 cloves garlic (minced)  
1 pound dried black beans (rinsed)  
2 bay leaves  
1 tsp cumin  
1 tsp dried parsley  
1 tsp dried oregano  
1 tsp paprika  
1/4 tsp chili powder (or to taste)  
6 cups water (or more as needed)  
Juice of 1 lime  
Salt to taste

## Directions

Rinse the beans thoroughly and remove any bad seeds from the bunch.

Drizzle the olive oil into a large Dutch oven or stock pot over medium heat. Allow oil to warm up.

Add the diced onion and cook for 3 to 5 minutes, or until softened.

Add garlic and cook for about 30 seconds, or until fragrant.

Stir in the black beans, dried parsley, oregano, cumin, and bay leaves. Add enough water to cover the beans.

Bring to a boil and reduce heat to medium-low. Simmer for 2 hours or until beans are tender.

Remove from heat and take out the bay leaves.

Lastly, mix in the paprika, chili powder and lime juice. Season with salt. Squeeze some lemon or lime juice for a tangy twist.

Enjoy!

# Mexican Stuffed Mushrooms

Vegetarian

***Mexican Stuffed Mushrooms with step by step photos. Creamy, mouthwatering Mexican Stuffed Mushrooms filled with a spicy cream cheese filling and Taco Bell sauce.***

5 from 6 votes

[Print](#) [Pin](#) [Rate](#)

**Course:** Appetizer**Cuisine:** Mexican**Servings:** 20 mushrooms

**Prep Time:**20 minutes

**Cook Time:**20 minutes

**Calories:** 56kcal



## Ingredients

- 12 ounces cremini mushrooms, rubbed with a paper towel, about 20 mushrooms
- 1 serrano chili, finely chopped
- 20 mushroom stems, finely chopped
- 3 cloves garlic, finely chopped
- 8 ounces cream cheese, I love Philadelphia brand
-

**½ cup mild/medium cheddar cheese, grated**

- 2 tablespoon Taco Bell sauce, or Trader Joe's Spicy Taco Sauce, for gf, use gf taco sauce**
- ½ cup fresh cilantro, chopped**
- to taste black pepper**
- ½ cup scallions, finely chopped**
- 1 tablespoon taco seasoning, Trader Joe's**
- ½ teaspoon cayenne pepper**
- ½ teaspoon garlic powder**

### **Garnish**

- mild/medium cheddar, to taste**
- sprinkle of bread crumbs on top**

## **Instructions**

### **Prepare the Filling**

- 1. Begin by cleaning the mushrooms using a damp paper towel. Remove the stem of the mushroom and set aside.**

**Finely chop the mushroom stems along with the garlic, and serrano chili.**

- 2. Heat a castiron skillet on medium heat, once hot, add avocado oil followed by the chopped garlic. Cook for 30 seconds or so.**
- 3. Add the serrano chili and mushroom stems. Season with very little salt. Saute for 5 minutes.**
- 4. Stirring occasionally. Once done, turn off the stove. Let the mushroom garlic mixture cool.**
- 5. In a medium bowl, combine the cream cheese, cheese, taco seasoning, cilantro, scallions, black pepper, and the cooled mushroom garlic mix. Mix well until all the ingredients are combined.**
- 6. Add Taco Bell sauce, or you can also use Trader Joe's Spicy Taco Sauce. Any taco sauce will do. Mix well.**
- 7. Mix well. This is what you should have.**

### **Stuff the Mushrooms**

- 1. Preheat the oven to 375 degrees.**
- 2. Stuff the mushroom cavity with the creamy mixture.**
- 3. Take a mini scoop of the creamy mixture.**
- 4. Top over the mushroom and press gently.**
- 5. Place the mushrooms in a castiron skillet.**



6. Top with a little more cheddar cheese and plain breadcrumbs. Place into the oven for 20 minutes until bubbly.
7. Stuffed Mushrooms are done. Enjoy!

# Mexican Street Corn Salad Recipe

Also known as Esquites, Mexican Street Corn Salad is smoky, spicy and tangy all wrapped up in one dish! A salad like no other, this recipe tastes just like Mexican corn on the cob!

CourseAppetizer

CuisineMexican

KeywordMexican Street Corn Salad

Prep Time10 minutes

Cook Time10 minutes

Total Time20 minutes

Servings4



## Ingredients

- 4 cups corn kernels cut from the cob
- 1 tablespoon olive oil
- 1/2 red bell pepper chopped
- 1/2 red onion chopped

- 1/2 cup fresh cilantro chopped
- 5 green onions chopped
- 1 jalapeno pepper diced
- 1/2 avocado chopped
- 4 tablespoon lime juice
- 1/2 teaspoon cumin ground
- 1/2 teaspoon smoked paprika
- Salt and pepper to taste
- 2 tablespoons sour cream
- 2 tablespoons mayonnaise
- 1/2 cup cotija cheese crumbled

## Instructions

1. Cut the corn off the cob, or use canned or frozen corn.
2. Preheat the oil on the stove at high heat. Stir in the corn and cook for about 3- 5 minutes or until the corn starts to char. Add an extra few minutes to the cooking time if you're using frozen corn.
3. Transfer to a large bowl and cool for a few minutes.
4. After it has cooled, add the remaining ingredients. Stir well! Adjust the amount of the lime juice and salt and pepper to your taste.
5. Garnish with more cheese and cilantro.

Dinner:

# Birria (Mexican Beef Stew)

*yield: 8-10 SERVINGS prep time: 15 MINUTES cook time: 4 HOURS total time: 4 HOURS 15 MINUTES*

*Beef Birria is an amazingly flavorful Mexican stew with a rich chili pepper infused consommé. Just wait till you try the meat in tacos...*

4.7 Stars (40 Reviews)

Print

Save



## Ingredients

### Birria Sauce

- 5 dried ancho chiles
- 5 dried guajillo chiles
- 2-3 Chiles de árbol (see note 1)
- 1 Tbsp oil
- 1 large onion, peeled and diced
- 4 large tomatoes, roughly chopped
- 8 garlic cloves, roughly chopped
- 2 Tbsp tomato paste
- 1 inch ginger, peeled and roughly chopped
- 1/4 cup apple cider vinegar
- 1 cup beef stock
- 1.5 tsp ground cumin
- 1 tsp ground cinnamon
- 1 Tbsp dried oregano
- 1 tsp thyme
- 2 tsp coriander powder
- 2 tsp salt
- 1 tsp pepper
- 2 cloves, ground into powder

## Beef Birria

- 3-3.5 lbs chuck roast, cut into large chunks
- Salt to taste
- Pepper to taste
- 2 Tbsp oil
- 4 cups beef stock

## Toppings and garnishing

- Cilantro, chopped
- Lime, cut into wedges
- Onion, chopped
- Avocado, diced

### **Hands Free Mode:**

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## Instructions

### 1. Stove Top Method

1. Dry toast and rehydrate the chilis: Cut the stems off and make a slit along the side to open them and discard the seeds. Dry toast them in hot pan for 1-2 minutes, until fragrant (don't burn them, as they can turn bitter). Put them in a bowl, pour in a cup of hot water, and let it sit for 20 minutes.
2. Sauté the veggies: Heat oil and Sauté the onion, garlic and tomato until softened. Then transfer the veggies to the blender.
3. Make Birria Sauce: In the blender, blend above veggie mixture along with rehydrated chilis, spices and herbs (oregano, cumin, cinnamon, coriander powder, ground clove, thyme, salt and pepper), apple cider vinegar, ginger, tomato paste, and 1 cup of beef stock. Blend it till the mixture is completely smooth.

4. Prepare and sear the meat: Cut the chuck roast into large chunks and generously season it with salt and pepper. We always like to sear the meat before putting it in the stew, as it adds tons of flavors. Heat the oil in the stew pot and brown the meat on all sides.
5. In a big stew pot, combine the meat with the Birria sauce. Add in 4 cups of beef stock. Cover and cook over low heat on the stovetop for 4 to 6 hours, or until the meat is completely tender. Keep an eye on the stew and stir it every 20 minutes or so, as not to burn the meat at the bottom.
6. Shred the meat: When the stew is ready, you can cut or shred the beef into your desired bite size pieces. Taste and adjust the seasonings like salt and pepper.
7. Serve the Birria in bowls (the beef along with its broth) garnished with lots of your favorite toppings, with a side of warm tortillas or Mexican rice.

## **THURSDAY:**

Breakfast:

**Total Time** 1 hour

**Servings** [24](#)

**Calories** 404kcal

**Author** Trish - Mom On Timeout



## Ingredients

- 1 lb breakfast sausage
- 1 lb bacon
- 1 cup chopped ham
- 2 lbs red potatoes cubed into bite size pieces
- 16 oz cheese any kind you like
- 24 soft taco tortillas I used flour
- 12 eggs extra large
- 1/2 cup milk
- 1/3 cup olive oil
- 1 tsp Emeril's Seasoning Seasoning Salt or any seasoning you prefer
- salt and pepper

## Instructions

### Meats:

1. Bake your bacon, brown sausage, fry up ham.

### Roasted Red Potatoes:

1. Preheat oven to 450.
2. Dry cubed potatoes with a towel to eliminate any extra water.
3. Toss the potatoes with 1/3 c olive oil, 1 tsp salt, 1/2 tsp pepper. Use additional seasoning (such as Emeril's or Seasoning Salt) if desired.
4. Roast for 30 minutes until golden brown. Start checking at 20 minutes.

### Scrambled Eggs:

1. Whisk 12 eggs and 1/2 c milk in a bowl until well combined.
2. Heat a large skillet with nonstick cooking spray (or melt 1 Tbls butter) over medium heat.
3. Spray skillet and add egg mixture.
4. Cook eggs, stirring occasionally until eggs are set.

5. Season with salt and pepper to taste.

### **Tortillas**

1. Place 5-10 tortillas on a plate. Cover with a wet paper towel.
2. Heat in microwave for 30 seconds at 50% power. Heat the tortillas in batches.

### **Putting it all together:**

1. Set up an assembly line with all the ingredients.
2. Place the tortillas on a large baking sheet or cutting board.

### **Assembling burritos**

1. Build your burritos - cheese, eggs, potatoes, meat.
2. Fold in the sides of the tortilla and roll burrito up.
3. Pat firmly on top of the burrito making sure the seam is on the bottom.
4. Make sure the burrito is tightly rolled.

### **Freezing Burritos**

1. Line a baking sheet with parchment paper.
2. Place burritos on the sheet, seam side down.
3. Press down on the burritos again lightly making sure that the edges are tucked in.
4. Place baking sheet in the freezer for an hour to flash freeze the burritos.
5. Remove from freezer and wrap burritos in plastic wrap individually.
6. Place in a ziploc bag. I ended up with 24 burritos.

Lunch:

# **Mango ceviche**

[Alejandra Graf](#)

This recipe for mango ceviche is easy, delicious and authentic Mexican vegan. With this recipe you can tell everybody that eating healthy and vegan is easy and delicious.

5 de 3 votos

**Cook Mode** Prevent your screen from going dark

PREP TIME 15 mins

TOTAL TIME 15 mins

COURSE Appetizer

CUISINE Mexican

SERVINGS 8 people

CALORIES 35 kcal

## INGREDIENTS

US Customary Metric 1x2x3x

- 1/2 red onion thinly sliced
- 3 lemons its juice
- 1 Tommy mango not fully ripe



- 1 jalapeño seedless and minced
- 1 tsp olive oil
- Pinch of sea salt

## INSTRUCTIONS

1. Slice the onion and put it in a large bowl.
2. Add the lemon juice, mix and set aside.
3. Peel the mango with a vegetable peeler and then julienne.
4. Add to the bowl with the onion and lemon juice. Add the minced jalapeño pepper, salt, and olive oil.
5. Mix well, taste and adjust the flavor if necessary.
6. Serve with corn tortilla chips, avocado or steamed rice.

Chicken Empanadas

### INGREDIENTS

- 1 tbs olive oil
- 1 chorizo, finely chopped
- 1 onion, finely chopped

2 garlic cloves, finely chopped  
350g chicken mince  
1 tsp ground cumin  
2 tsp smoked sweet paprika (pimenton)  
1/2 cup (75g) sundried tomatoes, blended to a paste  
2 tbs Massel Chicken Style Liquid Stock  
1/2 bunch coriander, leaves chopped  
Red and green hot sauces, to serve

#### **PASTRY**

5 cups (750g) plain flour, sifted  
200g lard, softened  
2 eggs, plus 1 extra lightly beaten egg to brush

#### **PICO DE GALLO**

1/4 cup (60ml) olive oil  
2 long green chillies, finely chopped  
2 spring onions, finely chopped  
2 garlic cloves, finely chopped  
2 tomatoes, seeds removed, chopped  
Juice of 1 lime, plus wedges to serve  
1/2 bunch coriander, leaves chopped

Dinner:

# Mexican Tamales

Simple step-by-step instructions for making authentic **Tamales** filled with pork, chicken or beans and cheese and cooked on the stovetop or in the instant pot.

Prep Time 25 mins

Cook Time 20 mins

Total Time 45 mins

Course: Main Course Cuisine: Mexican Servings: 24 tamales Calories: 72kcal Author: Lauren Allen

## Ingredients

### For the Dough:

- 4 cups Masa Harina
- 3 cups broth (beef, chicken, or vegetable broth)
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon cumin
- 1 1/3 cups lard
- 8 ounce package dried corn husks

### Filling ideas:

- Red chili pork
- Salsa verde chicken See notes for recipe
- bean and cheese See notes for recipe
- Authentic Mexican Rice , for serving, optional

## Instructions

1. **Soak the corn husks** in a bowl of very hot water for 30 minutes or until softened.
2. **Prepare desired fillings\***.
3. **Make the tamal dough:** In a large bowl, use an electric mixer to beat the lard and 2 tablespoons of broth until fluffy, about 3-5 minutes. Combine the masa flour, baking powder, salt, and cumin in a separate bowl; stir into the lard mixture and beat well with an electric mixer.
4. Add the broth, little by little to form a very soft dough. Beat on high speed for several minutes. The dough should spread like creamy peanut butter and be slightly sticky.\* Cover the mixing bowl with a damp paper towel, to keep the dough from drying out.
5. **Assemble the tamales:** Lay a corn husk, glossy side up, on the counter with the wide end at the top. Scoop about ¼ cup of dough onto the top, center of the corn husk. Lay a piece of plastic wrap over the dough and use your hands to press and

spread the masa into a thin layer, about 1/4 inch thick. Keep the dough spread along the *top half* of the corn husk to allow plenty of room to fold the bottom husk up, when it's time.

6. Place 1-2 tablespoons of desired filling in a line down the center of the dough. (You don't want too much filling).
7. Fold in one long side of the husk over the filling. Fold in the other long side, overlapping the first (like folding a brochure). Fold the bottom of the husk up.
8. **Tying tamales (optional):** You don't have to tie a corn husk string around the tamales—it does take more time and they will hold together without it. However, if you're making multiple fillings, tying ones of a certain kind can help to identify them.
9. **Cook on the stove-top or Instant Pot:** Add water to the bottom of your steamer or instant pot. (About 1 cup for IP and a few cups for a steamer pot—don't fill above the steamer rack.) Lay a few extra corn husks on the bottom rack to keep the tamales from falling through and any boiling water from directly touching them.
10. Place tamales standing upright, with their open end up, just tightly enough to keep them standing. If using a steamer pot, lay a few soaked corn husks or a wet towel over the top of the tamales before closing the lid.
11. **Steamer:** Bring water to a boil (in Mexico they would often place a coin at the bottom of the steamer and when the coin started to tap in the pot you know the water was boiling.) Once boiling, reduce to a simmer and steam for 45 minutes to 1 hour, or longer. Check them after 45 minutes.
12. **Instant Pot:** Cook on Manual/High Pressure for 25 minutes. Allow pressure to naturally release for 10 minutes, and then quick release.
13. **To test if the tamales are done:** Remove one and try to pull the husk off. If the husk pulls away cleanly from the tamale they're done. If the dough is still sticky or wet looking, cook them for 5-10 minutes longer and try again.
14. Store leftover tamales in the refrigerator for 5-7 days depending on the freshness of your ingredients.

# Conchas Recipe

Mely Martínez

Among all the different kinds of traditional Mexican Pan Dulce (“sweet bread”), Conchas are without a doubt the most popular and recognizable. No other pan dulce is more representative of Mexico and its love of bread.

4.93 from 297 votes

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PREP TIME 25 mins

COOK TIME 20 mins

RESTING TIME 1 hr 15 mins

TOTAL TIME 2 hrs

COURSE Breads

CUISINE Mexican

SERVINGS **16**

CALORIES 339 kcal



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## INGREDIENTS

1x2x3x

- 500 grams (3-<sup>3</sup>/<sub>4</sub> cups) All-Purpose Flour plus extra for dusting
- 125 grams (½ cup + 2 tablespoon) Sugar
- 7.5 grams ( 2- ½ teaspoon) Rapid Rise (or Quick Rising) Instant Yeast. (SEE NOTES IF USING ACTIVE YEAST)
- 3 grams (½ teaspoon) Salt
- 100 grams ( ½ cup) Non-Salted Butter at room temperature
- 100 ml eggs (use a measuring cup, it equals about 6-½ Tbps )
- 5 ml (1 teaspoon) Vanilla extract\*
- 120 ml (½ cup) of Milk warm.

**TOPPING:**

- 100 grams (½ cup plus 1 teaspoon) Vegetable Shortening plus extra to grease the dough and baking sheets
- 100 grams ( ⅞ of a cup) Confectioner Sugar
- 120 grams (1 cup) All-Purpose Flour
- 5 grams ( 2-½ teaspoon) Cocoa powder for half of the topping, if desired
- 5 grams ( 1 teaspoon) Cinnamon optional for the white topping

## CHECK THE "CONCHA" RECIPE VIDEO

# INSTRUCTIONS

**Have each ingredient ready and measured (by weight) before starting**, and thoroughly **read the notes above**. Mix the all-purpose flour, yeast, sugar, and salt in the bowl of a stand mixer at medium speed, just to mix it well.

Add the butter and mix well (using the stand mixer with the hook attachment), then mix in the eggs and vanilla extract and **slowly pour the milk** in little by little until the dough looks cohesive (you may need less or more milk, as some flours soak up more liquid than others). Keep beating the mixture for about 7 minutes at medium speed. Add a little more flour around the inside of the bowl (2-3 tablespoons), **just enough** for the dough to separate from the container. **The dough should be soft and slightly sticky.**

YOUR DOUGH SHOULD FEEL VERY SOFT AND ELASTIC.

Place the dough on your floured working table and knead it just enough to shape it into a ball.

Place this ball in a large greased bowl to rest. Cover it with plastic wrap (or wax paper) and a kitchen napkin. Let the dough **rest in a warm place** for about 2 hours until it doubles in size. I usually turn the light on in my oven and place the bowl inside, close to the light. Be aware that **if your kitchen is cold, the dough will take longer to**

**rise. Be patient** and do not try to proceed to the next step until the mixture has doubled in size.

## **MAKING THE CONCHA TOPPINGS**

While the dough is rising, you can prepare the sugar topping. Soften the shortening with your spatula until it is very creamy, and then add the confectioner's sugar. Finally, add in the flour little by little (if using, add the ground cinnamon in this step). Set this paste aside to use later. If you're making half of the Conchas with the chocolate topping, then divide the paste in two and add the cocoa powder to one half, mixing it until it integrates very well.

Once the dough has risen and doubled in size, place it onto a floured surface and let it rest for about 5 minutes. Divide the dough into 16 small balls (60 grams each). To shape the balls, lightly flour your hands and place each small ball on the working surface and gently press down with your hand, rotating your hand to form the balls.

Place them onto greased baking sheets and continue until you've finished shaping all of the dough.

Using your hands, grease the top of each ball with a little shortening. Do not skip this step, as it will help the topping adhere to the dough.

To add the topping, flour your hands and divide the topping paste into 16 balls. Use your hands to press down on each one to form a small, flat circle (I like to use a sheet of plastic, like when making tortillas). Place this disk onto the ball of dough, and press it down very firmly.



Once you've finished placing the topping on the buns, use a concha cutter or a knife to decorate them with the traditional concha shape.

Allow the conchas to rise in a warm place until they are **almost** double in size. Depending on the temperature of your kitchen, this step could take anywhere from 1 to 2 hours. Do not leave them to rise any longer, because if you let them grow too much they will collapse inside the oven. Bake in a **preheated oven at 325° degrees** for 20 minutes, or until the bottom of the conchas are lightly golden. If you are placing more than one baking sheet in your oven, rotate them after 10-12 minutes. Move the sheet on the bottom rack to the top rack and vice versa to have an even baking.

I hope you try this recipe and enjoy the results. Baking (with or without yeast) can sometimes be tricky, and it can help to try out different recipes to see what works for you. There are many other concha recipes out there on the web, for example, the one at Pati's Mexican Table [Pati's Mexican Table](#) or the one from Marcela Valladolid. The only recipe I'm not very confident about is the one at the King Arthur website, since it is very different than a regular concha recipe you will find in Mexico. Check all the photos our readers had sent of their [Conchas on my Instagram Highlights](#)

**FRIDAY:**

Breakfast:

MIGAS (Mexican Egg Skillet)

Lunch:

# Simple Guacamole Dip Recipe

If you've been searching for guacamole that rivals anything you've had at a restaurant, this is the one. This Simple Homemade Guacamole Dip adapted from Alton Brown's recipe is perfect to enjoy with your favorite Mexican dishes, and is also delicious served on toast!

**Prep Time** 10 minutes

**Total Time** 10 minutes

**Servings** 4 servings

**Author** lzzy

## Ingredients

- 3 avocados ripe
- 1/2 small onion finely diced
- 2 Roma tomatoes diced
- 3 tablespoons finely chopped fresh cilantro
- 2 garlic cloves minced
- 1 lime juiced
- 1/2 teaspoon sea salt

## Instructions

1. Slice the avocados in half, remove the pits, and scoop the flesh into a mixing bowl.
2. Mash the avocados with a fork until the desired texture is reached. Some prefer a very smooth guacamole, while others prefer it more chunky.
3. Add the remaining ingredients and stir together. Give it a taste test and add a pinch more salt or lime juice if needed.
4. Serve with tortilla chips and enjoy!

Dinner:

# Mexican Cabbage Soup Recipe

0 ratings · Gluten free



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Ingredients

Produce

1/2 head Cabbage

2 Carrots

2 Celery sticks

1 Cilantro

1 Key lime, Fresh squeezed juice

2 Onions, medium

2 Potatoes

1 can Rotel tomatoes

Canned Goods

2 qt Chicken broth

Chicken Enchilada Casserole

## Ingredients

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- 2 tbsp.** extra-virgin olive oil
- 1** medium onion, chopped
- 1** bell pepper, chopped
- 2** cloves garlic, minced
- 1** (15.5-oz.) can black beans, rinsed and drained
- 1** (15.25-oz.) can corn, drained
- 3 c.** cooked, shredded chicken
- 1** (4.5-oz.) can diced green chilis
- 2** (10-oz.) cans enchilada sauce
- 18** corn tortillas
- 2 c.** shredded cheddar

**2 c.** shredded Monterey jack

Sour cream, for garnish

Freshly chopped cilantro, for garnish

Diced avocado, for garnish

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## Directions

### Step 1

Preheat oven to 350°. In a large skillet over medium heat, heat oil. Add onion and pepper and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more. Add beans, corn, chicken, and green chilis and cook until warmed through, 5 minutes. Reserve 1/2 cup enchilada sauce then pour remaining sauce into skillet, stirring to combine.

### Step 2

Spread reserved 1/2 cup enchilada sauce into a 9"-x-13" then layer 6 tortillas in pan, overlapping to cover the entire pan. Pour 1/3 of mixture over tortillas then top with about 1/3 of each cheese. Top with another layer of tortillas and repeat to make 2 more layers, finishing with cheese.

### Step 3

Bake for 30 minutes or until cheese is melty and sauce is bubbling.

### Step 4

Garnish with sour cream, cilantro, and avocado.

Mexican Wedding Cookie

Ready In:45mins

Ingredients:7

Yields:

3dozen

Serves:36

## Nutrition information

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## INGREDIENTS

UNITS: **us**

- 1cup [butter](#), softened
- 1/2cup [powdered sugar](#)
- 1teaspoon [vanilla](#)
- 2 1/4cups sifted flour
- 1/4teaspoon [salt](#)
- 3/4cup chopped [walnuts](#) or 3/4 cup [pecans](#)



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- [powdered sugar](#) (for rolling baked cookies in)

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## DIRECTIONS

1. Cream together butter and powdered sugar until light and fluffy; stir in vanilla.
2. Whisk together flour and salt; add gradually to butter mixture; stir in chopped nuts.
3. Chill dough if it seems too soft.
4. Form dough into 1 1/4" balls and place onto parchment-lined or ungreased baking sheets.
5. Bake at 400° for 10-12 minutes or just until the cookies start to turn light golden-brown; remove from oven and allow to cool slightly; while cookies are still warm (but NOT hot) remove them from baking sheets and roll, a few at a time, in powdered sugar until evenly coated; cool cookies completely on wire racks.
6. Cookies may (optionally) be rolled in powdered sugar a second time once cooled to room temperature.
7. NOTE: Forming dough into 1" balls will increase yield to 48 cookies.

# Broccoli Poppers

Prep Time15 mins

Cook Time20 mins

Total Time35 mins

Course: AppetizerCuisine: American Calories: 207kcal

## Ingredients

- AD
- 4 cup broccoli, florets
- 1 cup, shredded cheddar cheese
- 1/2 tsp onion powder
- 1/4 tsp [garlic powder](#)
- 1 large egg
- 1/4 cup bread crumbs, plain
- 1/2 cup, crumbs panko (Japanese bread crumbs)

## Instructions

1. Place broccoli in a food processor and pulse into tiny peices. (You can also chop with a knife)
2. Steam your broccoli for 2-3 minutes until tender.
3. Squeeze out the excess water by pressing on the broccoli with a towel. Transfer to a bowl.
4. Add the rest of your ingredients to you bowl except for Panko, and mix.
5. Scoop out tablespoon size balls of the mixture and roll in Panko. Place on a cookie sheet lined with parchment or sprayed.
6. Bake at 350 degrees F, for 10-15 minutes or until golden and crispy.
7. Serve warm with your favorite dipping sauce.



# Low Sodium White Chicken Chili

This one-pot low sodium white chicken chili goes big on flavor without any added salt! It's a hearty dish that can be ready in just 35 minutes.

**Prep Time:**10 minutes

**Cook Time:**25 minutes

**Total Time:**35 minutes

**Author:**Diabetic Foodie

## Ingredients

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- 1 tablespoon olive oil
- 1 white onion (diced)
- 1 green pepper (diced)
- 1 jalapeño pepper (diced)
- 4 garlic cloves
- 1 tablespoon cumin
- ½ tablespoon coriander
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- ½ tablespoon [chili powder](#)
- 1 teaspoon dried oregano
- 4 cup [low-sodium chicken stock](#)
- 1 cup water
- ¼ cup fresh cilantro leaves (plus more for serving)
- 14 ounces [low-sodium white beans](#) (drained and rinsed)
- 1 cup corn (fresh or frozen)
- 1 tablespoon lime juice
- 4 cups cooked chicken (shredded)
- Sliced avocado (for serving)
- Shredded white cheese (for serving)
- Jalapeño slices (for serving)

**[US Customary](#)** - [Metric](#)

## Instructions

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1. In a large pot or cast iron dutch oven, heat the olive oil over medium heat. Once the oil is hot, add the onion, green pepper, and jalapeño.
2. 1 tablespoon olive oil,1 white onion,1 green pepper,1 jalapeño pepper
3. Sauté for 5-7 minutes until slightly tender.
4. Add all the spices and garlic, stir to combine, and sauté for 2 minutes to roast the spices and garlic.
5. 4 garlic cloves,1 tablespoon cumin,½ tablespoon chili powder,1 teaspoon dried oregano,½ tablespoon coriander
6. Add the chicken stock, water, white beans, cooked chicken, and corn. Mix, then stir in the cilantro.
7. 4 cup low-sodium chicken stock,1 cup water,14 ounces low-sodium white beans,1 cup corn,4 cups cooked chicken
8. Bring everything to a boil, then reduce the heat and simmer for 10 minutes.
9. Add the fresh lime juice and more cilantro leaves, then stir.
10. 1 tablespoon lime juice
11. Serve the white chili with sliced avocado, shredded cheese, and fresh cilantro leaves.
12. Sliced avocado,Shredded white cheese,Jalapeño slices,¼ cup fresh cilantro leaves

## Recipe Notes

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This recipe is for 8 servings of white chili. Each serving is 1 cup.

Make sure to use low-sodium chicken stock and white beans. Better yet, make your own!

If you're not watching your salt intake, you can add a ½ teaspoon of salt if desired.

Leftovers can be stored in an airtight container in the refrigerator.

Chicken should be eaten within 4 days once cooked, so if the chicken was cooked prior to the chili, factor that into how long you store your leftovers.