

Session 3 Outline :

Homemade Soft shell Chicken Tacos with Mexican rice, Spicy Black Beans and Salsa Fresco



Base Recipe: Homemade Tortillas

Ingredients :

- 4 cups all-purpose flour
- 1 2/3 cups hot water
- 1/4 cup vegetable or olive oil

Instructions :

1. In a large bowl add flour
2. Add the water and vegetable oil and using your hands, mix together the dough until it is a cohesive ball and all of the liquid has been absorbed. If the dough is too sticky, add more flour 1 tablespoon at a time, as needed. (The dough should be soft and Playdoh-like in texture, but not sticky.)
3. Transfer the dough onto your work surface and knead it about 10 times until it becomes smooth all over.
4. Divide the dough into 12 equal balls then flat each ball slightly into the shape of a hockey puck. Flour each piece of dough on both sides then set them aside and cover them with a towel.
5. Heat a large non-stick sauté pan over medium-high heat.
6. Roll out one piece of dough into an 8-inch circle then transfer it to the hot pan. Cook the tortilla for about 1 minute then flip it once and continue cooking it an additional 30 seconds or until golden brown spots appear on both sides. Transfer the tortilla from the pan into a towel and cover it while you roll out and cook the remaining tortillas.



Preparation Time: 20 min



Cooking Time: 20 - 25 min



**Servings : Makes 12 x 8" tortillas
(1 serving = 1 tortilla)**

Session 3 Outline :

Homemade Tortillas

Helpful Hints :

- **Mixing the Dough:** You must use very hot water, as in, as hot as your hands can stand. The water should not be boiling, however it should be very hot so that the dough comes together quickly and smoothly.
- **Rolling the Tortillas:** It's important to roll all the way over the edges of the tortillas so that they are the same thickness all around. The goal is a super-thin tortilla that's see-through before cooking.
- **Cooking the Tortillas:** Cook the tortillas for 30 to 60 seconds on one side before flipping them only one time and cooking them an additional 30 seconds. The goal is achieve slight browning in various spots as the tortillas puff and cook.

Storing Tortillas :

- While you are cooking the tortillas, it's important to keep them warm inside a towel as each one finishes cooking. Stacking them atop one another in a folded towel helps the tortillas stay warm and moist, as the residual heat stays trapped within the towel.
- Once the tortillas have cooled completely, store them inside a sealable plastic bag at room temperature for up to one week.



Reheating Tortillas :

- To re-heat the tortillas, you can either use the stovetop pan method (just as you cooked them), or you can pop them in the microwave in between two damp paper towels for 15 to 20 seconds or until they're warmed through.

Nutrition Information Per 1 Serving (1 tortilla)

Calories	191 kcal
Phosphorus	45 mg
Potassium	45 mg
Sodium	2 mg

Session 3 Outline:

Marinated Chicken Tacos

Ingredients :

- 1 ½ lbs trimmed boneless skinless chicken thighs* cut into cubes
- ¼ cup fresh lime juice
- ¼ cup olive or canola oil
- 3 cloves garlic, peeled and minced
- 2 tsp ground cumin
- 1 ½ tsp chili powder
- ¼ cup chopped fresh cilantro
- Fresh ground pepper

*Can also use beef, pork or fish

Instructions :

1. Add chicken to a gallon size resealable bag. In a small bowl whisk together lime juice, olive oil, garlic, cumin, chili powder, cilantro and ¾ tsp pepper.
2. Pour mixture over chicken in the bag then seal the bag while releasing any trapped air. Rub marinade over chicken. Transfer to refrigerator and allow to marinate at least 1 hour and up to 6 hours.
3. Pre-heat a grill over medium-high heat (it should be at 425-450°F).
4. Remove chicken from marinade and grill until chicken has cooked through, turning once halfway through grilling, about 5-6 minutes per side (thickest center should register 165° F and thighs should be slightly charred).
5. Transfer to a plate, cover with foil and let rest 5 minutes.
6. Dice grilled chicken into cubes.



Preparation Time: 5 min

Marinating Time: 30 min



Baking Time: 30 min



Servings : 12 servings (1 serving = 60 g/2 oz)

Top Tips:

Can I bake the chicken instead?

Yes - Bake at 425°F for 30 minutes on a sheet pan (or until cooked through and crisp on the edges).

How to know when the chicken is done?

You'll know the chicken is done when the inside is no longer pink and the center reads 165°F on an instant read thermometer. Or, prick the chicken with a knife to check whether the juices run clear.

Nutrition Information Per 1 Serving (60 g/2 oz)

Calories	102 kcal
Phosphorus	85mg
Potassium	107 mg
Sodium	35 mg

Session 3 Outline:

Mexican Rice

Ingredients :

- 2 tablespoons olive oil
- 1 small yellow onion, finely chopped
- 2 large cloves garlic, minced
- 2 Tablespoon chipotle pepper sauce
- 2 cups white long grain rice
- 3½ cups low sodium vegetable broth

Instructions :

1. Heat the olive oil in a large pot over medium-low heat. Add the onions and garlic and cook, stirring frequently, until onions are softened and translucent, about 5 minutes.
2. Turn the heat up to medium and add the chipotle pepper sauce and rice; cook, stirring frequently, for about 3 minutes.
3. Add the vegetable broth; turn the heat up and bring to a boil.
4. Reduce the heat to low, cover the pot and simmer until all the liquid is absorbed, about 20 minutes.
5. Let the rice sit for a few moments to "dry out" and lose that wet, just-steamed texture.



Preparation Time: 5-10 min
Marinating Time: 1 - 6 hours



Cooking Time: 20 min



Servings : 12 servings (1 serving = 60 g/2 oz)

Freezer Instructions :

This rice can be frozen in an airtight container for up to 3 months. (Putting it in a flat layer in sealable plastic bags works well as it will take up less space in the freezer.) No need to thaw before reheating; remove it from the freezer and reheat in the microwave with 1 to 2 Tbsp. of water.

Nutrition Information Per 1 Serving (60 g/2 oz)

Calories	155 kcal
Phosphorus	44mg
Potassium	106 mg
Sodium	53 mg

Session 3 Outline:

Spicy Black Beans

Ingredients :

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- pinch of cayenne pepper
- 3 cloves of garlic, minced
- 1 1/2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon ground coriander
- 1 15-ounce can black beans, low sodium

Instructions :

1. Heat oil. Heat oil in a medium saucepan over medium-high heat.
2. Sauté onions and garlic and season with pepper. Let cook, stirring occasionally, until starting to brown.
3. Add cumin, chili powder, and coriander. Cook, stirring to toast the spices 1 minute more.
4. Add black beans. Add black beans, juice and all, and bring to a simmer. Simmer about 5 minutes. Mash a bit with a potato masher to make them nice and creamy. You don't want to make a puree, just break some up to thicken the beans.



Preparation Time: 10 min



Cooking Time: 10 - 15 min



Servings : 12 servings (1 serving = 2.5 tbsp)

Nutrition Information Per 1 Serving (2.5 tbsp)

Calories	59 kcal
Phosphorus	43 mg
Potassium	136 mg
Sodium	70 mg

Note: If you find yourself with lots of canned bean leftovers, you can put them in a freezer-safe container and store them in the freezer for up to 6 months.

Session 3 Outline :

Corn Salsa

Ingredients :

- 3 cups frozen corn (thawed)
- 1 cup finely chopped red onion (about ½ medium onion)
- ½ cup finely chopped fresh cilantro (about 1 bunch)
- 1 to 2 medium jalapeños, finely chopped (use 1 for mild-to-medium salsa or 2 for more spicy salsa)
- ¼ cup lime juice (about 2 limes), to taste
- 1 tablespoon white vinegar
- ¼ teaspoon chili powder
- ¼ teaspoon ground cumin



Preparation Time: 10-15 min



Storage: Good for 3-4 days in the fridge



Yield: 12 servings (1 serving = 4 tbsp)

Instructions :

1. In a medium serving bowl, combine all of the ingredients. Stir to combine.
2. Adjust to taste, if necessary: For more zing, add about 1 teaspoon more vinegar or 1 tablespoon more lime juice. For more spice, add more jalapeño.
3. For best flavor, allow the salsa to marinate for 20 minutes before serving. This salsa keeps well in the refrigerator, covered, for 3 to 4 days.

Nutrition Information Per 1 Serving (1 tbsp)

Calories	53 kcal
Phosphorus	42 mg
Potassium	169 mg
Sodium	7 mg

Session 3 Outline:

Equipment and Shopping List



Equipment:

- Sharp knife
- Non-stick frying pan
- Large resealable plastic baggie
- Cutting board
- Large mixing bowl
- Medium bowl for Salsa
- Small bowl for mixing sauce
- Parchment paper
- Medium size pot with a lid
- Measuring cups
- Clean kitchen towel
- Saran wrap
- Rolling pin or large tall glass
- Sauté pan

Nutrition Information for Entire Meal

1 tortilla, 60g/ 2oz chicken, 1/4 cup mexican rice, 2.5 tbsp black beans, 4 tbsp corn salsa

Calories	560 kcal
Phosphorus	259 mg
Potassium	563 mg
Sodium	167 mg

Shopping List:

Herbs & Spices:

- Cumin
- Chili Powder
- Chili powder
- Coriander
- Cayenne pepper
- Black Pepper
- Fresh cilantro

Tortillas:

- All-purpose flour
- Olive oil or canola oil

Marinated Chicken:

- 1 1/2 lbs boneless skinless chicken thighs
- 3 limes

Mexican Rice:

- 1 Yellow onion
- Garlic
- Chipotle pepper sauce
- White long grain rice
- Low sodium vegetable broth

Spicy Black Beans:

- 1 15-ounce can low sodium black beans
- 1 yellow onion
- Garlic

Corn Salsa:

- Frozen corn
- Red onion
- 1-2 jalapeños
- 2 limes
- White vinegar