# Cinco de Mayo!

### 5-minute Restaurant Style Salsa

- 2 (14 oz) cans fire roasted tomatoes, drained for chunkier salsa
- 1 jalapeno, ribs and seeds removed
- 1 lime, juiced (2½ tablespoons)
- 1 small white onion, cut into chunks
- ½ bunch fresh cilantro
- 1 (4oz.) can diced green chilies, drained
- 3 cloves of garlic
- ½ teaspoon chili powder, omit for milder salsa
- 1½ teaspoon cumin powder
- ½ teaspoon oregano
- 1 teaspoon sea salt
- 2 teaspoons sugar
- 1. Pulse ingredients together in a food processor or blender until you reach desired consistency. Adjust seasonings to taste.

Serve fire roasted salsa immediately or place in a sealed container and refrigerate for up to 3 days.

Make sure to purchase fire roasted tomatoes that do not contain any seasonings. Some stores sell 'salsa style' fire roasted tomatoes. Those already contain salt, oregano, diced chillies, etc and will make the flavors in this recipe overpowering.

# **Mexican "Fried" Ice Cream Dessert**

# **Ingredients**

- 3 cups crushed Corn Flakes cereal
- 3/4 cup sugar
- 1/2 cup (1 stick) butter
- 1 (1.75 quart) container Vanilla ice cream
- 1 (8 ounce) container Cool Whip
- 1/2 teaspoon ground cinnamon
- 1/4 cup honey
- Chocolate syrup
- Caramel sauce

#### Instructions

- 1. Take the vanilla ice cream out of your freezer and let sit at room temperature for 30 minutes or so, to soften.
- 2. Melt butter in a medium skillet, over medium heat. Add the crushed corn flakes and sugar. Stir to combine. Fry mixture for 5 minutes, stirring constantly, until cereal is golden-brown. \*Be careful not to burn. It may take less than 5 minutes\*
- 3. Take a 9×13 baking dish and spread 1/3 of the corn flakes mixture into the bottom of pan. Set aside.
- 4. In a large bowl, add the softened vanilla ice cream and cool whip. Sprinkle with cinnamon. Using a spatula, stir and mix well to combine. Spread ice cream mixture over the top of the corn flake mixture in the bottom of the pan.
- .5 Spread the remaining corn flake mixture evenly over the ice cream. Drizzle the honey over the top. Cover pan, and place in freezer. Freeze ice cream for at least 5 hours, or overnight.
- 6. Cut into squares and serve with drizzles of chocolate syrup and caramel sauce (and if you're feelin' frisky add some whipped cream and a cherry on top) Enjoy! ♥
- \*\*Serves 12

# **Mexican White Cheese Dip**

- 1 pound white American cheese, cubed
- 1/2 cup milk, or as needed
- 1 tablespoon butter or margarine
- 2 (4 ounce) cans chopped green chilies
- 2 teaspoons cumin
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- cayenne pepper to taste

### Directions

1. Place cheese, milk, and butter in a medium saucepan over low heat. Cook until cheese has melted, stirring frequently. Stir in green chilies, cumin, garlic powder, onion powder, and cayenne pepper to taste. Add more milk if dip is too thick. Heat through and serve immediately.

# **Oven Baked Chicken Fajitas**

- 1 lb boneless skinless chicken breast, cut into strips
- 2 tablespoons vegetable oil
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1 (15 ounce) cans diced tomatoes with green chilies
- 1 medium onion, sliced
- 1 large bell pepper, seeded and sliced into strips
- 12 flour tortillas ( 2 for each person)

#### DIRECTIONS

- 1. Preheat the oven to 400 degrees.
- 2. Place chicken strips in a greased 13×9 baking dish.
- 3. In a small bowl combine the oil, chili powder, cumin, garlic powder, dried oregano, and salt (or add a packet of fajita seasoning).
- 4. Drizzle the spice mixture over the chicken and stir to coat.
- 5. Next add the tomatoes, peppers, and onions to the dish and stir to combine.
- 6. Bake uncovered for 20-25 minutes or until chicken is cooked through and the vegetables are tender.
- 7. Serve on tortillas with desired toppings, such as: sour cream, lettuce, black beans, Spanish rice, corn, guacamole, salsa, refried beans, etc. Use low-fat or fat-free items to save on calories!