

## KITCHEN KAN-DO

### HEALTHY MEXICAN RECIPES

USU Student Health & Wellness Center and Lee's Marketplace

*All ingredients for these recipes are available at Lees' Marketplace 555 E 1400 N·Logan, UT*

#### Vegetable Enchilada Casserole

Prep: 20 minutes

Cook: 25 minutes

Makes: 10 servings

1 tablespoon canola oil	1 ½ cups corn, frozen (thawed) or fresh
1 medium onion, diced	1 teaspoon ground cumin
1 medium zucchini, diced	½ teaspoon salt
(and/or vegetables like carrots, broccoli, mushrooms, etc.)	12 corn tortillas, quartered
1 15-ounce can black beans, rinsed	1 14-ounce can mild red or green enchilada sauce
1 14-ounce can diced tomatoes, drained	1 ¼ cups shredded Cheddar cheese

1. Preheat oven to 400°F. Lightly coat a 9-by-13-inch baking dish with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.
3. Scatter half the tortilla pieces in the baking dish. Top with about half the vegetable mixture, about half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.
4. Bake the casserole for 15 minutes. Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more.

#### Jicama Appetizer

Prep: 10 minutes

Cook: 0 minutes

Makes: 5 servings

1 jicama, peeled and cut into bite-sized pieces	2 tablespoons chili powder
2 tablespoons fresh lime juice	

1. Arrange the jicama on a platter. Sprinkle the lime juice and chili powder over the jicama. Serve immediately.

#### Simple Salsa

Prep: 10 minutes

Cook: 0 minutes

Makes: about 5 cups

2 cans black beans, drained and rinsed	Low-fat or fat-free Italian salad dressing
2 medium sized tomatoes, diced	Lemon juice
1 small avocado, diced	Salt and pepper
1 can no salt added corn, drained and rinsed	

1. Place black beans, tomatoes, avocado, and corn in a bowl. Pour a splash of lemon juice on toppings to prevent browning of avocado. Add Italian salad dressing and salt and pepper to taste.

#### Homemade Chips

Prep: 10 minutes

Cook: 10 minutes

Corn or whole wheat tortillas  
No-stick cooking spray  
Salt

1. Pre-heat oven to 350°F. Cut tortillas into triangles, about 6-8 per tortilla. Place on a baking sheet. Lightly spray tortilla triangles with cooking spray. Sprinkle salt on triangles. Bake until lightly brown, about 10-15 minutes. Let cool. You can store these chips in a bag or air-tight container. You can try different spices and seasonings on the chips such as cumin, chili powder, or cinnamon.

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Mexican roasted vegetable recipe:

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#### Ingredients

1 zucchini sliced

1/2 onion sliced 1/8 inch thick

1 cup broccoli individual heads cut into approx 1 inch size

1/2 cup carrots sliced 1/8 thick

1 small jalapeno stem removed, de veined and seeds removed thinly sliced

1/2 red bell pepper sliced into 1/2 strips

olive oil

sea salt to taste

pinch of oregano leaves or basil leaves

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Combine the vegetables into a bowl and toss with olive oil, salt and oregano or basil.

Use enough oil to coat all the vegetables well. Spread the vegetables out on a baking sheet in a single layer.

Important tip for roasted vegetable recipe:

Make sure all the vegetables are touching the pan and not piled on top of each other. This will ensure that you get the best browning and the best flavor.

Place into a preheated 425 degree oven. Roast for 6 minutes and check often. Turn vegetables when they are browned and roast an additional 4 - 5 minutes.

You want the vegetables to be charred somewhat. I like mine charred quite a bit as I enjoy that flavor.

Experiment and see how done you like yours.

Different Ways To Use Roasted Vegetables

You can use roasted vegetables in a lot of different ways. For example you could add them to your omelette for breakfast or add them to your salad. I do that a lot.

You can also put them in pita bread with cheese and warm it in the microwave for a warm, healthy and delicious sandwich. Of course you can just serve it as a side dish with your meal or make a complete meatless meal by serving it with Spanish rice and refried beans.

Stay healthy by getting your vegetables everyday. Follow my roasted vegetable recipe and rotate in different vegetables to create new recipes and give variety to your meals. You will love the taste.