

# The DISH



**VICKI RASMUSSEN**  
FOOD COLUMNIST  
*vickir@windomnews.com*

I absolutely love Mexican food, so going out to eat at Mexican restaurants is always a highlight. But I also like to make Mexican food at home. So, with Cinco de Mayo tomorrow, here are a few easy recipes to cook specifically for Cinco de Mayo. But really, who needs a holiday to enjoy some Mexican food and a margarita? My column a few weeks ago featured different margaritas, so go back and include one of them in your meal planning!

## Slow Cooker Chicken Burrito Bowl

2-2.5 lbs. skinless boneless chicken breast  
16 oz. chunky salsa  
1/3 cup cilantro lime dressing, plus more as drizzle  
1/2 cup chicken broth  
1/2 tsp chili powder  
1/2 tsp cumin  
1/2 tsp smoked paprika  
OTHER INGREDIENTS FOR THE BOWL:  
4 cups cooked rice  
2 cups frozen sweet corn  
16 oz. canned black beans, low sodium  
3 small avocados  
1/4 cup chopped cilantro  
1 lime

Add all “Slow Cooker Mexican Chicken” ingredients to slow cooker. Set on high and cook for 4 hours. Shred chicken (it should come apart really easily) and let it cook/sit for 10 more minutes. Opt.: Add salt to taste, if needed.

Prepare the other ingredients — cook rice, heat up frozen corn and black beans in the microwave, chop cilantro, dice avocados, cut lime into wedges.

Assemble rice bowls by adding rice, chicken, corn, black beans and diced avocados to each bowl. Garnish with cilantro and lime wedges. Drizzle with cilantro lime dressing.

## One Pot Mexican Ground Beef and Rice

1 lb. lean ground beef  
1 cup yellow onion, diced  
10.5 oz. condensed chicken broth  
2 cups water  
2 cups instant rice  
1 cup medium salsa

1/2 cup chili sauce  
8.75 oz. canned corn, not drained  
4 oz. canned chopped green chilies, not drained  
1 oz. taco seasoning  
3 cups shredded mozzarella and cheddar cheese  
1 tsp. dried chives

Place a large saute pan on the stove over medium-high heat and add a dab of butter or margarine to the pan. Cook the ground beef in the saute pan. Add diced onions to the pan while the ground beef is cooking. Continue cooking the ground beef and onions, being sure to crumble the ground beef well. Once the ground beef is fully cooked, drain the grease from the pan.

With the pan still over medium-high heat, add the condensed chicken broth and water to the pan. Add the instant rice to the pan. Stir gently until all of the rice is submerged in the liquid. Leave the dish to simmer, stirring occasionally, until all of the liquid is absorbed by the rice.

Add the salsa, chili sauce, canned corn, chopped green chilies and taco seasoning to the pan.

## Mexican Chicken Alfredo Casserole

16-oz. pkg. penne pasta  
4 cups cooked chopped chicken  
2 Tbsp. minced onion flakes  
2 (15-oz.) jars alfredo sauce  
1 1/2 cups salsa  
1 cup ricotta cheese  
1 pkg. taco seasoning  
1 1/2 cups grated Parmesan cheese

Preheat oven to 350 degrees. Lightly spray a 9-by-

13-inch baking dish with cooking spray. Cook pasta according to package directions. Drain.

Combine cooked chicken, onion, alfredo sauce, salsa, ricotta cheese and taco seasoning. Stir in cooked pasta. Spread into prepared baking dish. Top casserole with grated Parmesan cheese. Bake covered for 50 to 60 minutes, until bubbly.

## Mexican Coleslaw

3/4 cup mayonnaise  
1/3 cup sour cream  
2 Tbsp. lime juice  
1/2 packet taco seasoning  
14-oz. bag coleslaw mix  
1 cup shredded red cabbage  
1/2 cup black beans, rinsed and drained  
1/2 cup cooked corn kernels, preferably grilled corn  
1/2 cup diced red pepper  
1/3 cup finely-diced red onion  
1/3 cup chopped fresh cilantro  
2 jalapenos, seeded and finely diced

Mix together mayonnaise, sour cream, lime juice and taco seasoning in a small bowl.

In a large bowl, combine cabbage mix, red cabbage, black beans, corn, red pepper, red onion, cilantro and jalapeno. Add mayonnaise mixture and stir to combine. Cover and chill for at least 30 minutes.

## White Queso Dip

1/2 Tbsp. olive oil  
1/4 cup sweet onion, chopped  
1/2 – 1 jalapeno, minced (to taste)  
1 lb. white American cheese, shredded  
1 cup milk  
1/4 – 1/2 cup low sodium chicken broth  
1/4 cup cilantro, chopped  
1/2 cup tomatoes, finely diced

Add olive oil to a small skillet over medium low heat. Saute onion and minced jalapeno. Turn heat to low and add shredded cheese and milk. Stir continuously until cheese is melted. Slowly stir in enough chicken broth to thin out to desired consistency. Stir in fresh chopped cilantro and finely diced tomatoes.