

SOFT CHICKEN TACO

SERVES 6

12 ounces skinless chicken breasts, raw
2 teaspoons lime juice
 $\frac{3}{4}$ teaspoon ground cumin
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
6 - 8" tortillas
3 ounces Monterey Jack cheese

Salsa Olé

1- $\frac{1}{4}$ cup tomatoes, chopped
1 Tablespoon onion, finely chopped
1 Tablespoon lime juice
 $\frac{1}{2}$ Tablespoon cilantro, finely chopped
Pinch salt and pepper

Place chicken on a baking sheet. Sprinkle with lime juice, cumin, salt and pepper. Bake at 350° for about 20 - 30 minutes or until cooked.

While chicken is baking, prepare ingredients for salsa: chop tomatoes, onions and cilantro. Combine all ingredients in a bowl and mix well.

Grate the cheese and set aside.

Remove chicken from oven and cool for 10 minutes or until chicken is cool enough to handle. Slice chicken into small pieces and place in mixing bowl.

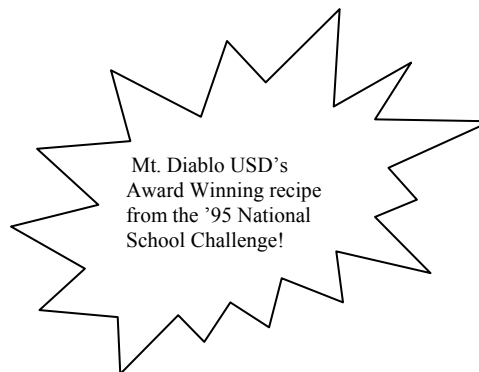
Divide chicken mixture to fill each of the tortillas. Sprinkle the cheese over the chicken and fold the tortilla in half.

Warm the soft tacos in the oven for about 5 minutes. Serve with a side of tomato salsa.

Sombrero Salad — Non-Cook Recipe

SERVES 6

1 cup black beans, drained
1 cup frozen corn, thawed
2 teaspoons olive or vegetable oil
2 Tablespoons lime juice
pinch salt and pepper
1 green onion (optional)



Combine all of the ingredients except the green onion and mix well. Cut the green onion into thin slices and sprinkle on top as a garnish.

Skills Developed

Measure	Chop
Mix	Grate
Slice	Bake