

Gluten-Free Tex-Mex

Spicy Black Bean Salad (corn free!)

Number of Servings: 6

2 tbs red pepper flakes
1 cup fresh cilantro
.25 cup orange juice
1-2 tbs Lime juice (1 in calculation)
.25 cup yogurt
1 can black beans, drained and rinsed
1/4 red onion, diced
1 bell pepper, diced
1 cup cherry tomatoes, chopped
1.5 avocados
.5 tsp cumin
1 clove garlic

Directions

Makes about six 1 cup servings

Make the dressing:

In a food processor, combine 1 avocado, yogurt, orange and lime juices, cumin and garlic

In a large bowl, toss the dressing with the onions, peppers, the 1/2 avocado cubed. Add the red pepper and enjoy. It is good atop fish or chicken or as a meal over rice or salad greens.

Spicy Grilled Chicken

1/3 cup vegetable oil
2 tablespoons lime juice
1/2 teaspoon grated lime zest
2 cloves crushed garlic
1 1/2 tablespoons fresh cilantro
1/4 teaspoon red pepper flakes
1 teaspoon salt
1/4 teaspoon ground black pepper
6 skinless, boneless chicken breast halves

Directions

In a shallow glass dish, mix the oil, lime juice, lime zest, garlic, cilantro, red pepper flakes, salt, and black pepper. Add chicken, and turn to coat. Cover, and marinate in the refrigerator for 1 hour, turning occasionally.

Preheat grill for medium-high heat.

Lightly oil the grill grate. Drain and discard marinade. Grill chicken for 6 to 8 minutes each side, or until juices run clear.

Spicy Rice

2 cups cooked rice

1/4 cup chicken broth

1/2 can diced tomatoes with jalapenos

4 ounces jack cheese (with peppers if desired)

red pepper flake to taste

dash of lime juice

1 teaspoon dried cumin (may need to be adjusted to taste)

1 1/2 teaspoon dried coriander powder

dash of Adobo

pinch of salt

pinch of ground black pepper

fresh cilantro to taste

Yogurt topping (instead of sour cream which often contains fillers or gluten)

Mix everything but the cheese and yogurt in a saucepan over medium heat, allow broth to absorb. When mixture looks mostly dry, turn down to low and add in cheese, mix and keep on heat until melted. Serve with a spoonful of yogurt on top.

Mixed greens salad

1 head iceberg lettuce

2 roma tomatoes (or 1 cup grape/cherry tomatoes, doesn't matter)

1/2 cup shredded carrots

1/4 cup shredded cheese

1 cucumber sliced

Mix in a bowl, serve.

Cilantro-Lime Vinaigrette

1 cup packed cilantro
1/2 cup extra-virgin olive oil
1/4 cup lime juice
1/4 cup orange juice
1/2 teaspoon salt
1/2 teaspoon pepper
Pinch of minced garlic

Directions

Puree cilantro, olive oil, lime juice, orange juice, salt, pepper and garlic in a blender or food processor until smooth.

Sudeep's Guacamole

2 avocados
1/2 medium onion
1/2 big tomato, diced
1 teaspoon pepper
1 teaspoon Adobo
2 cloves fresh garlic
3 teaspoon lime juice

Mix everything but the tomatoes in a food processor until mostly smooth (some graininess or lumps are ok), hand mix in the tomatoes.

Grilled Rice Tortillas

Grill one side until golden brown, flip and repeat, once both sides are golden brown remove from heat. The color will not be even, and you want to avoid any black spots, Remove immediately if black spots appear even if you've only grilled one side.