

# Cavalier Cooking 101: Tex-Mex

## **Chicken Tortilla Bowls**

Chicken thighs  
Taco Seasoning  
Lettuce, Tomatoes, Corn  
(Any vegetables)  
Sour Cream  
White Basmati Rice  
Cilantro  
Salt & Black Pepper  
Flour or Corn tortillas  
Cooking Spray  
Aluminum Foil  
Olive Oil



## **Directions**

### **Tortilla Bowls:**

Preheat oven to 400 degrees. Microwave tortillas for 15 seconds or until soft and spray tortilla with cooking spray on both sides.

Create balls of aluminum foil and drape tortillas over to create desired shape. Bake for 20 minutes or until tortillas are golden brown and crispy.

### **Cilantro Lime Rice:**

Take cooked white basmati rice and add lime juice (1 cup of rice = 1-2 limes). Add chopped cilantro and salt and pepper to taste.

### **Chicken:**

Season chicken thighs with taco seasoning, lime juice, and olive oil. Grill chicken and chop into pieces.

### **Assembly:**

Take a tortilla bowl and add cilantro rice, chicken, chopped lettuce, tomatoes, corn, and sour cream. Add additional cilantro if desired.

## Vegetable Taquitos

Onions  
Mushrooms  
Bell Peppers  
Small Flour or Corn Tortillas  
Mexican Cheese Blend  
Cooking Spray  
Salt & Black Pepper  
Cumin, Cayenne Pepper, Chili Powder  
Garlic Powder  
Olive oil  
Baking sheet

### Directions:

Preheat oven to 400°F.



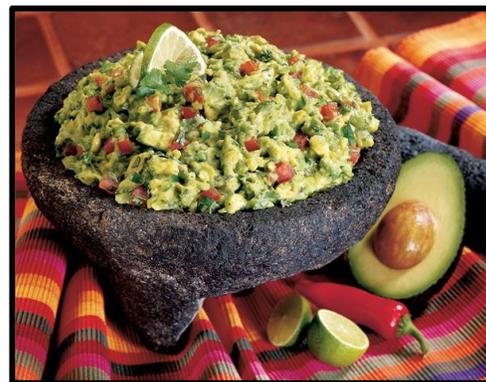
Slice onions, mushrooms, and bell peppers into small strips. Season with all seasonings to desired taste and sauté with olive oil until soft. Let cool and set aside.

Microwave tortillas for 15 seconds or until soft. Take tortilla and add cheese and sautéed vegetable mix. Roll and put seam side down on baking sheet.

Repeat with rest of tortillas. Spray taquitos with cooking spray and bake for 20 minutes or until crispy.

## Mango Guacamole

Avocados  
Mangos  
Salt & Pepper  
Lime  
Cilantro  
Red Onion  
Corn (On cob or canned)  
Tomatoes  
Jalapeno pepper



### Directions:

Dice red onion, tomatoes, jalapeno, mango, and cilantro. Shave corn off the cob or rinse canned corn. (Do not use creamed canned corn)

Cut avocado down the middle and remove seed. Scoop avocado into large mixing bowl.

Add lime juice, red onion, tomatoes, jalapeno, mango, cilantro, and corn. Season with salt and pepper. Mix until everything is incorporated.

For pico de gallo, do not add avocado, corn, or mango. Add more lime juice and more tomatoes in replacement.