

Shopping List: Cinco de Mayo

Fresh Produce

14½ ounces can no salt added diced tomatoes
3 dried ancho chiles
6 cloves garlic
3 medium white onions
4 cups green cabbage
2 fresh cactus leaves
4 radishes
1 large tomato
1 serrano chili
1 red onion
1 red bell pepper
2 cups potatoes
1 cup broccoli florets
3½ cups corn kernels (*fresh, frozen, or canned*)
1 tablespoon fresh cilantro
3 bananas (*firm but ripe*)
1½ teaspoons fresh lemon juice

Bread

12 (6-inch) corn tortillas

Dry Goods

½ cup raisins
2 tablespoons all-purpose flour

Dairy

2½ cups 2% milk
1¾ cups crumbled queso fresco cheese

Meat or Substitutes

2 cups cooked chicken breast
2 cups canned chicken broth
1¼ cups reduced sodium chicken broth

Pantry Staples

1½ tablespoons dried oregano
½ teaspoon ground cumin
¼ teaspoon cinnamon
2 tablespoons cider vinegar
1 teaspoon oil
1 teaspoon sugar
1 tablespoon olive oil
¼ teaspoon salt
⅛ tablespoon ground black pepper
1 tablespoon unsalted butter
2 tablespoons brown sugar
½ teaspoon cinnamon

Chicken Mole Enchiladas

This recipe is packed with flavor, easy to make, and fun to share with friends and family.

Makes 6 servings. 2 per serving.

Ready in 60 minutes.

Ingredients

- 14½ ounces can no salt added diced tomatoes
- 3 dried ancho chiles, *stemmed and seeded*
- 3 cloves garlic, *chopped*
- 2 cups onion, *chopped*
- 2 cups canned chicken broth
- 12 (6-inch) corn tortillas, *warmed*
- 1¾ cups crumbled queso fresco cheese, *divided*
- ½ cup raisins
- 1½ tablespoons dried oregano
- ½ teaspoon ground cumin
- ¼ teaspoon cinnamon
- 2 cups cooked chicken breast, *chopped or shredded*

Directions

1. Place tomatoes, chiles, garlic, onion, broth, raisins, and seasonings in a blender container and cover with a tight fitting lid. Blend until smooth.
2. Transfer to a medium saucepan and cook over medium heat for about 15 minutes to thicken mole, stirring often (you should have about 4¼ cups of mole).
3. Place chicken in a medium bowl and stir in onion and 1 cup of mole.
4. Preheat oven to 400°F. Put about 1 cup of warm mole in a large, shallow baking dish. Place one tortilla on a plate, keeping the rest warm as you work. Dip tortilla in warm mole, shaking off excess. Place a few tablespoons of chicken mixture in the center, then top with a heaping tablespoon of cheese. Roll up and place seam side down in the baking dish.
5. Repeat with remaining tortillas, chicken, and cheese.
6. Pour remaining mole over the top and sprinkle with remaining cheese and bake for 15 minutes.
7. Serve hot with avocado slices, light sour cream, and cilantro, if you like.

Nutrition information per serving: Total calories: 370 Total fat: 12g Saturated Fat: 4g Carbohydrates: 43g Protein: 26g Fiber: 7g Sodium: 470 mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (CDPH)

Cactus Salad

This salad is fresh and festive. Use jarred cactus if you can't find fresh.

Makes 4 servings. 1 ½ cup per serving.

Ready in 15 minutes.

Ingredients

4 cups green cabbage, *shredded*

2 fresh cactus leaves *cleaned and finely chopped (about 1 cup)*

4 slices white onion, *thin*

4 radishes, *thinly sliced*

1 large tomato, *chopped*

1 serrano chili, *seeds removed and finely chopped*

2 tablespoons cider vinegar

1 teaspoon oil

1 teaspoon sugar

Directions

1. Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates.
2. Stir together vinegar, oil, and sugar; drizzle over salad. Serve immediately.

Nutrition information per serving: Calories: 48 Total Fat: 1g Saturated Fat: 0g Carbohydrates: 9g
Fiber: 3g Protein: 2g Sodium: 20mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (CDPH)

Vegetable and Corn Chowder

This chowder has over 2 cups of vegetables in every serving!

Makes 4 servings. 2 cups per serving.

Ready in 40 minutes.

Ingredients

- 1 tablespoon olive oil
- 1 red onion, *diced*
- 1 red bell pepper, *seeded and diced*
- 3 garlic cloves, *crushed*
- 2 cups potatoes, *diced*
- 2 tablespoons all-purpose flour
- 2½ cups 2% milk
- 1¼ cups reduced sodium chicken broth
- 1 cup broccoli florets
- 3½ cups corn kernels *fresh, frozen, or canned*
- ¼ teaspoon salt, *adjust to taste*
- ⅛ tablespoon ground black pepper, *adjust to taste*
- 1 tablespoon fresh cilantro, *chopped, cut and discard bottom two inches of stem*

Directions

1. In a large pot, over low heat: heat olive oil.
2. Add onion, bell pepper, garlic and potato; sauté for 2-3 minutes while stirring frequently.
3. Stir in flour and continue to stir for ~30 seconds, after adding all the flour.
4. Gradually stir in milk and chicken broth.
5. Add broccoli and corn kernels.
6. Increase heat to medium-high and bring to a boil while stirring constantly
7. Once boiling point is reached, reduce heat to a simmer and continue cooking for 20 minutes or until all vegetables are tender.
8. Add salt and pepper.
9. Serve and garnish with cilantro.

Nutrition information per serving: Total calories: 360 Total fat: 8g Carbohydrates: 61g Fiber: 8g Sodium: 1,020 mg

Recipe Source: City and County of San Francisco, Department of Public Health, Nutrition Services and Mission Latino Family Partnership (MLFP)

Cinnamon Sauteed Bananas

These sauteed bananas are great for the whole family to enjoy as a tasty treat.

Makes 3 servings. 1 cup per serving.
Ready in 10 minutes.

Ingredients

- 3 bananas, *firm but ripe*
- 1 tablespoon unsalted butter
- 2 tablespoons brown sugar
- ½ teaspoon cinnamon *adjust to taste*
- 1½ teaspoons fresh lemon juice

Directions

1. Peel bananas and cut in quarters, first by cutting in half widthwise then lengthwise.
2. In a skillet, over low heat: add butter, brown sugar and cinnamon; stir until bubbly. (For extra flavor, add 1-2 teaspoons of vanilla extract.)
3. Add banana quarters, cut side down; sauté 1-2 minutes or until golden brown.
4. Turn over and sauté the other side, until golden brown.
5. Sprinkle with the lemon juice.
6. Serve warm; drizzle pan juice over bananas.

Nutrition information per serving: Total calories: 170 Total fat: 4g Carbohydrates: 35g
Fiber: 4g Sodium: 0mg

Recipe Source: City and County of San Francisco, Department of Public Health, Nutrition Services and Mission Latino Family Partnership (MLFP)

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