Real Food, Real Fast Demonstration

TCC Professional Development Day, 9/5/2017

Recipes:

Black Bean Salsa

SmartPoints™ value: 2
Servings: 12 (about ½ c per serving)
Prep Time: 15 min

14 oz black beans, drained and rinsed
11 oz Green Giant Mexicorn, drained
4 oz Green Chiles
14 ½ oz diced tomatoes with green chilies (Rotel)
½ c red onion, diced
½ c red bell pepper, diced
3 T cilantro, chopped
½ t onion powder
1 t ground cumin
1 t Morton’s Nature’s seasoning
1 medium tomato, chopped
1 t minced garlic
3 T lime juice
1 small avocado, diced

1. Clean and chop all fresh vegetables and place in a large container with lid. Rinse and drain beans, drain corn and add to veggies. Add remaining ingredients (except avocado) and stir well.
2. Before serving, add avocado.

Serve with chips (count the points) or veggies cut for dipping. Also good as a salad topper or over baked chicken.

King Ranch Chicken

SmartPoints™ value: 5
Servings: 6
Prep Time: 15 min
Cooking Time: 35-40 min.
Level of Difficulty: Easy—comfort food, recipe easily adapted for smaller portions.

Ingredients:
6 corn tortillas
10 oz Rotel tomatoes
10 ½ oz can reduced fat cream of chicken soup
½ t cumin
¾ c onions, chopped
1 c bell pepper, chopped
½ c zucchini squash
4 oz green chilies
3 oz reduced fat Velveeta, diced
12 oz chicken tenderloins or breast, no skin, cooked
½ c Fat free cheddar, shredded
Instructions:

1. Preheat oven to 350. Spray square baking dish with cooking spray.
2. Chop vegetables and arrange with other ingredients around the baking dish. Mix Rotel tomatoes, cumin and chicken soup together. Place ¼ c of mix in the bottom of the pan, add three tortillas, cut to fit pan. Layer ½ of vegetables, green chilies, Velveeta cheese and chicken over tortillas, top with ½ of Rotel mix and repeat the layers. Top all with shredded cheddar.
3. Bake at 350 degrees for 35-40 minutes.

Change it up: this can be vegetarian very easily, substitute mushrooms for chicken and use mushroom soup instead of chicken soup. Both versions are delicious served as is, or over rice (adjust points as needed).