

GUASTELLO'S VILLAGE MARKET

Mexican Grilled Chicken Salad

Serves 6

Ingredients

For the flour tortilla strips

6 small 6-inch flour tortillas
1 tablespoon melted coconut oil
¼ teaspoon kosher salt

For the salad:

4 ears fresh corn shucked and silk removed
1 14-ounce can black beans rinsed and drained
1 medium red bell pepper diced small*
1 medium yellow bell pepper diced small*
4 medium tomatoes I like to use a variety of colors, sliced
2 large avocado peeled, cored, halved and cut in thin slices.
1 recipe Mexican Grilled Chicken pieces sliced in 1/4-1/2-inch slices (recipe below)
1 recipe Spicy Cilantro Honey-Lime Dressing (recipe below)

Instructions:

For the crispy tortilla chips, preheat oven to 325°F. Line a sheet pan with foil for easy clean up.

Stack flour tortillas on top of each other. Cut pile in half. Stack one half on top of the other so all the tortilla halves are in a stack. Cut stack into thin strips (width-wise), about 1/8-1/4-inch wide. Place strips on prepared sheet pan and drizzle with the coconut oil. Toss with your hands to coat strips with oil. Sprinkle with salt and toss again, then spread strips out into an even layer on the pan.

Bake for 18-20 minutes or until light golden brown, stirring once halfway through to redistribute the strips - as the strips near the edges will brown first. Remove from oven and cool completely on pan, then store in an airtight container. Can be made several days in advance.

For the corn, place corn in a large zippered bag. Add 1 tablespoon of water and seal bag. Cook on high power in microwave for 3-4 minutes or until corn is barely cooked. Cool slightly, then cut corn from husks.

For the salad, arrange black beans, corn, peppers, tomatoes, avocados, chicken and tortilla strips on individual plates or on a large platter. Drizzle with a bit of the Spicy Cilantro Dressing. Serve and pass extra dressing at the table.

Mexican Honey-Lime Grilled Chicken

Ingredients:

GUASTELLO'S VILLAGE MARKET

3 pounds boneless skinless chicken thighs (trim off most of the fat)

For the marinade/basting sauce:

2 tablespoons extra virgin olive oil
3 tablespoons honey
¼ cup fresh lime juice
1 teaspoon finely grated fresh ginger
1 teaspoon cumin
1 teaspoon coriander
1 teaspoon dry oregano
3 medium cloves garlic finely minced
1 teaspoon kosher salt

Instructions:

Combine all marinade ingredients in a saucepan and stir well.

Transfer 3 tablespoons of marinade to a zippered bag and add chicken. Massage bag well to coat all chicken pieces. Marinate for at least 30 minutes and up to 12 hours.

Heat remaining marinade over medium heat till mixture comes to a boil. Continue to cook (watch carefully so that mixture does not overflow pan) until syrupy and reduced to one half original volume, about 1-2 minutes. Set aside to cool.

If cooking on outside grill, preheat grill to medium high. When hot, add chicken and sprinkle lightly with kosher salt and freshly ground black pepper.

Cook for about 12-15 minutes, turning frequently and basting with the reduced sauce until golden, slightly charred in places and internal temperature reaches 160°.

To cook inside, heat oil in a large sauté pan till almost smoking. Add chicken and sprinkle lightly with kosher salt and freshly ground black pepper.

Cook for about 10 minutes, turning frequently, until golden, slightly charred in places and internal temperature reaches 160°. Brush frequently with the reduced sauce while cooking. (Don't over-crowd the thighs in the pan or they will simmer instead of sauté. Make in 2 batches if necessary.)

Tent chicken with foil and allow to rest for 5 minutes before serving.

Spicy Cilantro Honey-Lime Dressing

Ingredients:

1 medium jalapeno pepper seeded and coarsely chopped*
2 cloves garlic
1 tablespoon minced fresh ginger root

GUASTELLO'S VILLAGE MARKET

¼ cup lime juice
¼ cup honey
1 tablespoon rice vinegar
¼ teaspoon salt add more to taste
1 cup packed cilantro leaves
½ cup extra virgin olive oil

Instructions:

Add all ingredients to a blender container. Cover and blend on high speed for about 2 minutes or until dressing is smooth and bright green in color. Store in refrigerator. Will keep for 4-5 days. Shake well before using.

Credit: thecafesucrefarine.com