

Foods Lab 3

Spicy Dishes from the Microwave

Many people enjoy the spicy taste of Mexican food—for snacks or at mealtimes. Here are some quick and easy recipes to try in the microwave oven.

Part I Directions: Each cooking group should prepare one of the following recipes.

Chicken (or Turkey) Enchiladas

Yield: Serves 16 as snacks

Ingredients:

⅓ c. (150 mL) onion, chopped	2 c. (500 mL) cooked poultry, chopped
2 T. (30 mL) vegetable oil	8 6-in. (15 cm) tortillas
1 4-oz. (175-mL) can tomatoes, chopped	1 avocado, peeled and puréed
2–3 cloves garlic, minced	1 c. (250 mL) Cheddar cheese, grated
½ t. (2–3 mL) salt	1 8-oz. (224-g) jar taco sauce, warmed

Instructions:

1. Combine the chopped onion and oil in a large, microwave-safe dish.
2. Cook uncovered for 4 to 5 minutes on HIGH; stir and rotate once during this time.
3. Stir in chilies, tomatoes, garlic, and salt.
4. Cover with a lid or microwave-safe plastic wrap. Cook 3 minutes on HIGH.
5. Uncover carefully and stir in the chicken.
6. Cover again and cook for 3 to 4 minutes on HIGH, or until chicken is hot.
7. Remove from oven and allow to stand for 2 minutes, covered.
8. During the standing time, pour taco sauce into a small saucepan.
9. Warm on the stove at low heat.
10. Wrap 4 tortillas in a moistened, white paper towel.
11. Cook 1 to 1½ minutes on HIGH, or until softened.
12. Spread ¼ c. (50 mL) chicken filling on each tortilla and top with 1 T. (15 mL) puréed avocado.
13. Roll tortilla around filling.
14. Place the rolled tortillas, seam side down, in a shallow, microwave-safe baking dish.
15. Repeat with the remaining 4 tortillas.
16. Cook the filled tortillas uncovered for 4 to 5 minutes on HIGH, or until they are heated through.
17. Sprinkle with cheese.
18. Cook an additional 1 to 2 minutes, or until cheese is melted.
19. Serve with warm taco sauce.

(Continued on next page)

Foods Lab 3 *continued*

Chili Con Queso (Spicy Hot Cheese Dip)

Yield: 3 c. (750 mL)

Ingredients:

- | | |
|------------------------------------------------------------|---------------------------|
| 1 lb. (0.45 kg) Monterey Jack cheese, cut into small cubes | 1 clove garlic, minced |
| 1 green pepper, seeded and finely chopped | 1 8-oz. (224-g) jar salsa |
| 1 small onion, finely chopped | |

Instructions:

1. Place all ingredients in a microwave-safe casserole dish.
2. Stir to blend.
3. Cook on HIGH for 3 minutes.
4. Stir and rotate.
5. Cook another 2 minutes, or until cheese is melted.
6. Serve hot with corn chips, taco chips, or poured over assorted raw vegetables.

Instant Nachos

Yield: 6 servings

Ingredients:

- 1 large bag tortilla chips
- 1 4-oz. (112-g) can green chilies or jalapeño peppers, diced
- 1½ c. (350 mL) Monterey Jack or Cheddar cheese, grated
- Salsa or taco sauce

Instructions:

1. Arrange a single layer of tortilla chips on a paper plate.
2. Dot each chip with a diced chili or a jalapeño pepper.
3. Cover with a thin layer of cheese.
4. Lightly drizzle salsa or taco sauce over the chips.
5. Cook uncovered in the microwave oven for 1 minute at 75% power, or just until the cheese is melted.
6. Serve at once.

Part II Directions: Sample each snack and complete the rating sheet below. Rate the taste and appearance of each snack on a scale of 1 (least desirable) to 5 (most desirable). Circle your rating in the space provided.

Name of Snack	Rating of Taste	Rating of Appearance
Chicken or Turkey Enchiladas	1 2 3 4 5	1 2 3 4 5
Chili Con Queso	1 2 3 4 5	1 2 3 4 5
Instant Nachos	1 2 3 4 5	1 2 3 4 5