



Mexican Chicken Salad with Crunch & Punch

Makes 6 servings ~ \$11.08 (\$1.85 per serving)

Ingredients

2 1/2 cups diced or shredded cooked chicken
1 cup peeled and diced jicama
1 cup cored and diced apple
Juice of two limes

Small handful of cilantro leaves, chopped (about 1/4 cup)
1/2 seeded and finely chopped jalapeno pepper
3/4 cup of good quality mayonnaise
1/2 – 1 tsp. ground cumin

Optional: Tortilla bowls (recipe below) – Flour tortillas, olive oil, clean and empty 15 oz cans

Optional: Sugared pecans (recipe below) – Sugar, cayenne, toasted pecans

Directions

1. Mix together mayo, jalapeno, lime and cumin.
2. Combine chicken, jicama, apple and cilantro in a large bowl. Add mayo mixture and mix lightly. Taste, and adjust flavors to personal preference.

Serving options: Spoon chicken salad into tortilla bowls and sprinkle with pecans. Or serve as a salad on fresh greens (or crispy tortilla chips). Or use in a sandwich made with whole grain bread.

Tortilla bowls (add \$.35 per serving)

1. Preheat oven to 400°. Place cans on a baking sheet, open side down.
2. Brush both sides of the tortillas with water to soften. Brush lightly with olive oil and drape over cans to form bowl.
3. Bake 5–7 minutes.
4. Using tongs, carefully remove bowls from cans and place open side up on baking sheets. Set cans aside. Bake bowls for additional 4 minutes. Set aside to cool.

Sugared Pecans (add \$.69 per serving)

1. Melt 1/2 cup sugar in a wide frying pan over medium heat.
2. Add 1/4 tsp. cayenne, 1/4 tsp. salt and 1 cup lightly toasted pecans. Stir until nuts are coated.
3. Transfer nuts to a plate. Let cool completely, then break apart

Recipe courtesy of Mary Pat Butler

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