



# Pico de Gallo

## Ingredients

- 5 cups diced Roma Tomatoes
- 1 cup White Onions, diced
- 2 Tablespoons Jalapeno Peppers, minced, depending on spice preference
- 2 bunches Fresh Cilantro, minced
- ½ cup fresh Lime Juice
- 2 teaspoons Salt

## Method

- Combine diced onions and lime juice in a large bowl.
  - Add the diced jalapenos
  - Add diced tomatoes to onion mixture, stir in minced cilantro
  - Season with salt to taste and toss to combine.
- Refrigerate until ready to use. Pico de Gallo keeps well in the refrigerator, covered, up to 5 days.

*Yields: 10 Servings*



# Guacamole

## Ingredients

5 cups ripe Avocados, mashed (about 8 avocados)  
3 cups Pico de Gallo Salsa

## Method

Mash ripe avocados in a large bowl and coat in lime juice. This helps prevent browning.

Add Pico de Gallo to mashed avocados. Season with salt  
Toss to combine, refrigerate until ready to serve.

Guacamole can be stored in the refrigerator for up to two days. Place it in an airtight container, and put a layer of plastic wrap directly on the surface of the guacamole to prevent it from browning.

*Yields: 10 Servings*



# Tropical Salsa

## Ingredients

- 3 cups Oranges, chopped
- 5 cups Pineapples (about 2 large pineapples), diced
- 4 cups medium Ripe Mangos (about 2 mangoes), diced
- 1 cup Red Onion, diced
- ½ cup fresh Lime Juice
- 1 Tablespoon Jalapeno Peppers, minced
- 1 bunch Fresh Cilantro, finely chopped
- 1 Tablespoon salt

## Method

In a large bowl combine diced pineapples, mangoes, red onion and the juice of 1 lime. Stir to combine

Add jalapenos and fresh cilantro to pineapple mixture, tossing gently to combine. Season with salt to taste.

Refrigerate until ready to serve. Salsa lasts stored in an airtight container in the refrigerator up to 5 days.

*Yields 10 Servings*



# Carne Asada

## Ingredients

- 3 pounds Flap Meat or Flank Steak (Arrachera)
- 3 Tablespoons Garlic, minced
- 2 teaspoons Salt
- 2 teaspoons Chili Powder
- 2 teaspoons Black Pepper

## Method

Combine garlic, salt, chili powder and black pepper in a small bowl. Sprinkle mixture generously over meat in a large baking dish. Cover with plastic wrap and refrigerate at least 1 hour or overnight.

Preheat an outdoor grill or grill pan over medium-high heat. Alternatively, you can broil the meat in the oven. Brush the grates of the grill with oil to prevent the steak from sticking. Grill meat 7-10 minutes per side until medium-rare.

Remove meat from grill and let rest for 10 minutes on a cutting board. This allows the juice to settle back into the meat. Thinly slice meat against the grain for serving. Add to tacos or top nachos

*Yields: 4-5 Servings*



# Tortilla Chips

## Ingredients

10 corn tortillas, each cut into 6 triangles  
Vegetable Oil, as needed

## Method

Place a small stack of paper towels on a large plate and set aside.

Pour oil into medium skillet to a depth of  $\frac{1}{2}$  inch. Heat oil over medium high heat to 350°F. Add tortilla triangles in batches to hot oil. Avoid overlapping or overcrowding the pan as this will make the chips stick together. Use metal tongs or a slotted spoon to separate the chips in the oil.

Cook until golden brown, about 2 minutes. Remove chips from oil and place on prepared paper towel lined plate to absorb some of the oil. Season with salt to taste. Let cool before serving.

*Alternatively, you can bake the tortilla chips:*

Preheat oven to 350°F

Spread tortilla wedges out on a baking sheet in a single layer. Lightly toss in oil.

Bake tortilla wedges for about 6 minutes, then use tongs to flip them over. Continue baking for an additional 6 minutes until golden brown. Remove from oven and sprinkle with salt. Let cool completely before serving.

*Note: Each tortilla will make roughly 6 chips, therefore 10 tortillas will yield 60 chips, enough for a good snack for 2 to 3 people*