



EPISODE 6: Tex-Mex Favorites

Easy Chicken Chiladas with Cilantro Garlic Yogurt Sauce

2 cups chopped, cooked chicken breast (season with salt and pepper if desired)
12 ounces chunky salsa, divided
1 (3 ounce) package non-fat cream cheese
1 cup shredded low-fat sharp cheddar cheese, divided
8 (6 inch) corn tortillas

Yogurt Sauce

2 cups low-fat plain yogurt
½ cup chopped cilantro
1 tsp ground cumin
1 tsp granulated garlic

Directions:

Combine yogurt, cilantro, garlic and cumin; this is the yogurt sauce, set aside to chill.

Preheat oven 350°F. Heat cream cheese in large skillet over medium heat until soft. Stir in chicken and half of the salsa; mix well. Next, add ½ cup shredded cheese and stir until melted. Spoon about 1/3 cup of the chicken mixture onto each tortilla. Roll up each tortilla and place seam side down in a 12 x 8 inch baking dish. Top with remaining salsa and cheese. Bake at 350°F for about 15 minutes, or until heated through. Serve topped with chilled yogurt sauce.

Blueberry Smoothie

½ cup ice
1 cup milk (can be soy, almond or rice)
½ cup plain yogurt (not frozen)
½ to 1 cup blueberries or fruit of choice
1 banana
½ tsp vanilla extract
2 tsp sugar substitute to taste (if desired)

Directions:

Put ice in blender. Add milk, yogurt, fruit, banana, sugar and vanilla. Blend until you can no longer hear ice breaking.

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Garlic Salsa with Cilantro

3 large tomatoes (chopped)
2 tomatillos (chopped)
½ small onion (chopped)
2 cloves garlic (peeled)
¼ cup cilantro (chopped)
½ tsp cumin
1 lime (peeled)
1 jalapeno
Salt to taste

Directions:

Place all ingredients into food processor and pulse intermittently for 15 seconds. Next, using a rubber spatula, scrape salsa off sides of food processor and then pulse intermittently for 15 more seconds. Repeat, if necessary. Serve at room temperature or chilled.

****Always refrigerate salsa once made or opened!****