

Bob Scarlett

El Salvadoran Pineapple-Pickled Cabbage [Yield: About 5 cups]

VEGAN-  
friendly

- 1 small head green cabbage, cored and cut into very thin slices
- 1 small red onion, peeled, halved, and cut into very thin slices
- 1 medium carrot, peeled and cut into very thin circles
- 1 cup diced fresh pineapple
- 1 1/2 teaspoons minced garlic
- 3/4 cup distilled white vinegar
- 1/4 cup pineapple juice
- 2 to 4 jalapeños or other fresh chiles of your choice, cut into thin slices
- Salt and freshly cracked black pepper to taste

In a large nonreactive bowl, combine all ingredients and toss to mix well. Allow the mixture to stand, covered and refrigerated, for about 12 hours, stirring occasionally.

This pickle will keep, covered and refrigerated, for about 1 week.

Sharp knife recommended.

This pickle is based on the classic El Salvadoran dish called *cordito*. It has some innovations, though, specifically some pineapple to counteract the sourness of the vinegar and some jalapeños to pep it up a bit. This version was invented by Amilcar and Elmer, the El Salvadoran day chefs at the East Coast Grill in

Cambridge, Massachusetts, who serve it as an accompaniment to the pork *chicharrónes* that they cook for breakfast.

This pickle is *muy bueno* with grilled pork chops or with roasted chicken and a pile of fresh tortillas.

## Ensalada

Mixed salad greens  
Mango-cut in small pieces  
Corn  
Black beans- rinsed  
Cherry tomatoes – halved  
Red or yellow pepper-diced  
Kraft Zesty Lime Dressing

Feta cheese and grilled shrimp are a nice addition!

Peggy

### Frijoles y Puerco con Aguacate y Queso Fresco (Pinto beans and Pork with Avocado and cheese)

1 med. onion, diced	4-6 oz. Queso Fresco
2 garlic cloves, minced	1/2 avocado, cubed
28 oz. can pinto beans*	8 soft tortillas or chips
8 oz. cooked pork shoulder or ribs	Green Salsa
1/2 can 15oz. diced tomatoes, drain opt.	1t. chile pond. <sup>opt</sup>
1 roasted poblano pepper; cleaned, diced, opt.	S+P to taste

Saute onion in 1-2 T. olive oil til golden. Add garlic 1 min. Stir in beans and heat 5 min. Mash partially to desired consistency leaving some whole beans. Add some of the reserved bean liquid (not clear added on top of can) to desired consistency. Stir in diced pork. Heat 5-10 min. Add diced poblano (or roasted sweet red pepper) and drained tomatoes. Spread in serving dish and top with cheese (opt. grated monterey jack melted in micro wave) + avocado. Serve with corn tortillas or nacho chips.

\*Drain off clear liquid + discard. Drain part of cooking liquid and reserve.  
L. Hoffman

# King Ranch Casserole

Cook'sCountry.com

Serves: 6 – 8

Submitted by Carl Ruetz

12	Corn tortillas – (6 inch)
1 Tbls	Butter
2	Onions, medium, chopped fine
2	Jalapeno chiles, minced
2 tsp	Cumin, ground
2 (10 oz) cans	Ro-Tel tomatoes
5 Tbls	Flour
1 cup	Heavy cream
3 cups	Chicken stock
1 ½#	Chicken breasts, boneless/skinless – halved lengthwise and cut crosswise into ½ inch slices
2 Tbls	Cilantro, fresh, minced
4 cups	Cojack cheese
	Salt and pepper
2 ¼ cups	Fritos, crushed

1. Adjust oven rack to upper-middle and lower- middle positions and heat oven to 450°. Lay **tortillas** on 2 baking sheets, lightly coat both sides with cooking spray, and bake until slightly crisp, about 12 minutes. Cool slightly, then break into bite-sized pieces. Using potholders, adjust top oven rack to middle position.

2. Heat **butter** in Dutch oven over medium-high heat. Cook **onions, chiles, and cumin** until lightly browned, about 8 minutes. Add **tomatoes** and cook until most of liquid has evaporated, about 10 minutes. Stir in **flour** and cook 1 minute. Add **cream and stock**, bring to simmer, and cook until thickened, 2 – 3 minutes. Stir in **chicken** and cook until no longer pink, about 4 minutes. Off heat, add **cilantro and cheese** and stir until cheese is melted. Season with **salt and pepper**.

3. Scatter half of tortilla pieces in 13X9 inch baking dish set over rimmed baking sheet. Spoon half of filling evenly over the tortillas. Scatter remaining tortillas over filling, then top with remaining filling.

4. Bake until filling is bubbling, about 15 minutes. Sprinkle **Fritos** evenly over top and bake until Fritos are lightly browned, about 10 minutes. Cool casserole 10 minutes. Serve.

## Tamale Pie

This tamale pie has a velvety soft cornmeal top and bottom crust. If you prefer firm slices, be sure to let it rest for at least 25 minutes before serving.

Prep: 25 minutes    Bake: 45 minutes

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 pound ground beef chuck
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 cup medium-hot salsa
- 1 can (15¼ to 16 ounces) whole-kernel corn, drained
- 4 cups water
- 1 cup cornmeal
- 1 teaspoon salt
- 2 ounces Cheddar cheese, shredded (½ cup)

1. Preheat oven to 350°F. In nonstick 12-inch skillet, heat oil over medium-high heat; add onion and cook until tender and golden, about 5 minutes. Stir in ground beef and cook, breaking up meat with side of spoon, until meat is browned, about 5 minutes. Skim and discard any fat. Stir in chili powder and cumin and cook 2 minutes longer. Remove from heat and stir in salsa and corn.

2. In 2-quart saucepan, heat water to boiling. With wire whisk, gradually whisk in cornmeal and salt. Cook over medium heat, whisking frequently, 5 minutes.

3. Pour half of cornmeal mixture into shallow 2-quart casserole. Spoon beef mixture over cornmeal; spoon remaining cornmeal over beef and sprinkle Cheddar on top. Bake 45 minutes. Remove casserole from oven and let stand 15 to 25 minutes before serving. Makes 6 main-dish servings.

Each serving: About 334 calories, 21g protein, 33g carbohydrate, 13g total fat (5g saturated), 57mg cholesterol, 1,026mg sodium.

*The Good Housekeeping  
Cookbook*

*Tricia Ellis*

Lauren Kuhr

## Cheesy Mexican Meatloaf

\*Skinny  
Suppers  
Cookbook

I'm a Southern girl, so meatloaf is near and dear to my heart. However, I realize not everyone shares my love for this dish. But just you wait! With the right blend of cheese and Mexican flare, the meatloaf doubters in your house will be singing a new tune!

**Prep Time:** 10 minutes | **Cook Time:** 1 hour 10 minutes  
**Serves:** 6 | **Serving Size:** 1½-inch-thick slice of meatloaf

- 1½ pounds lean ground beef
- 1 cup reduced-sodium black beans, drained and rinsed
- 1 (7-ounce) can Del Monte Fiesta Corn, drained
- 1 (4.5-ounce) can chopped green chilies
- 1 (1-ounce) packet less-sodium taco seasoning or Make It Homemade (page 299)
- 2 egg whites, beaten
- ½ cup plain bread crumbs
- 1 cup shredded reduced-fat four-cheese Mexican blend (I like Sargento)
- ½ cup medium tomato salsa
- 1 tablespoon brown sugar
- 1 medium tomato, diced
- 2 jalapeño peppers, sliced

**quick and easy:** Have a little extra time over the weekend? Prepare this dish in advance. Prepared unbaked meatloaf can be refrigerated overnight, or you can freeze it baked or unbaked for future dinners.

1. Preheat the oven to 375°F. Coat a 9-inch loaf pan with cooking spray or line with parchment paper.
2. In a large bowl, combine the ground beef, black beans, corn, green chilies, taco seasoning, egg whites, and bread crumbs. Using clean hands, mix all the ingredients until well combined.
3. Divide the ground beef mixture in half and place one portion in the bottom of the loaf pan. Cover the beef with ½ cup of the shredded Mexican cheese. Layer the second portion of the ground beef mixture on top of the cheese. Bake for 1 hour.
4. While the meatloaf is baking, in a small bowl, mix together the salsa and brown sugar and set aside for a glaze.
5. After the meatloaf has baked for 1 hour, spoon the glaze over the top of the meatloaf and sprinkle with the remaining ½ cup cheese. Bake for an additional 10 minutes to melt the cheese.
6. Let the meatloaf rest for 5 minutes before cutting into 6 slices.
7. Serve garnished with the diced tomato and jalapeños.

*Suggested Side Dish: Cilantro-Lime Rice (page 271)*

Calories 357 • Fat 14g • Carbohydrate 31g • Fiber 3g • Sugar 6g • Protein 32g

## The Quickest Black Bean Salad

ANN CRILE ESSELSTYN | PREVENT AND REVERSE HEART DISEASE

WE COULD EAT this for every meal in summer, even breakfast. It is the salad I make when I have to take a dish to an event because it is so quick to make, everyone comes back for seconds, and it is the best advertisement for delicious NO OIL eating. It is easy to expand by adding more tomatoes or frozen corn.

### SERVES 4

**Two 16-ounce cans black beans drained and rinsed WELL!**

**1 very large tomato, chopped**

**1 package frozen corn**

**½ Vidalia onion, chopped**

**1 can sliced water chestnuts, drained and rinsed**

**1 bunch cilantro, chopped**

**½ lime, juice and zest**

**3 tablespoons balsamic vinegar or more to taste**

1. Add beans, tomatoes, corn, onion, and water chestnuts to a bowl (glass looks pretty) and mix. Rinsing the beans well keeps the salad from looking gray.
2. Add cilantro, lime, and balsamic vinegar and mix again. Serve alone or with cucumber open-faced sandwiches for a perfect meal.

*Recipe from "Forks over Knives"  
submitted by Dick Oakley*

Mexican Wedding Cake

2 c flour 2 c sugar

2 tsp baking soda

2 eggs

20 oz cr. pineapple juice

1 c chopped walnuts

grease & flour 9X13 350°  
40-45 min.

icing

8oz cr. Cheese

1 lb. soft butter

1 tsp vanilla

4 cups Conf. Sugar

mix & frost while hot.

submitted by Marty Oakley  
original recipe from friend  
Karla Burnett

## BROCCOLI WITH WALNUTS AND GOAT CHEESE

*1½ pounds fresh broccoli*  
*4 quarts water*  
*1 large red onion*  
*1 garlic clove*  
*½ packed cup fresh chives*  
*1 cup chopped walnuts*

*1 cup crumbled goat cheese*  
*¾ cup olive oil*  
*¼ cup white vinegar*  
*¾ teaspoon salt*  
*¼ teaspoon ground black pepper*

1. Cut off the broccoli florets and cut into bite-sized pieces. If desired, cut the stems into ¼-inch pieces. Bring the water to a boil in a large saucepan. Add the broccoli and cook for 4 to 5 minutes. Drain and immerse in cold water. Remove from cold water and pat dry.
2. Peel the onion and garlic. Cut the onion into ¼-inch pieces. Cut the chives into 2-inch lengths. Chop the walnuts into small pieces and crumble the goat cheese, if necessary.
3. Combine the garlic, chives, oil, vinegar, salt, and pepper in a food processor and blend until smooth. Place in a bowl, cover, and refrigerate for at least 4 hours.
4. Place the broccoli in a serving bowl. Sprinkle with the onions, nuts, and cheese.
5. Just before serving, pour the dressing over the broccoli and toss.

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Arroz con leche from Allrecipes magazine web site (traditional)

4 cups water

1/2 cinnamon stick

2 1/4 cup uncooked white rice

4 cups whole milk

4 cups canned evaporated milk

1 1/4 cup sugar

ground cinnamon on top to taste

on high heat cook cinnamon stick in water for 5 minutes then add rice and turn to low setting for 20 minutes covered

gradually add milk and sugar stirring and cook additional 10 minutes

serve warm or cool and top with cinnamon if desired

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Sheila B