



Fresh- Mex! – Fab Food Lab Video Class

Instant Pot Fiesta Lime Chicken

4 chicken breasts, medium thickness (if the chicken breasts are thick, slice them in half horizontally)

1/2 tsp. granulated garlic

1/2 tsp. ground cumin

1/2 cup water

Juice and zest of 1 lime

2 Tbs. soy sauce

2 tsp. Worcestershire sauce

1/2 cup shredded Colby Jack or Monterey Jack cheese

Mexi-Ranch Dressing

1/4 cup ranch dressing

1/4 cup sour cream

1 Tbs. lime juice

2 Tbs. cilantro, finely chopped

Pico de Gallo (may use store-purchased pico, if desired)

1 cup diced tomatoes

2 Tbs. onion, finely diced

1 Tbs. lime juice

1 Tbs. chopped cilantro

1/2 jalapeno, seeds and membranes removed, minced

In a small bowl, combine all the ingredients for the Mexi-Ranch dressing, whisking until smooth; refrigerate.

To prepare the pico de gallo, toss all of the ingredients together in a bowl.

Combine the cumin and granulated garlic in a small bowl; sprinkle this seasoning over both sides of the chicken breasts.

In the Instant Pot, combine the water, lime juice and zest, soy sauce, and Worcestershire sauce; add the seasoned chicken breasts.

Lock the Instant Pot lid into place. Choose the high pressure setting, setting the timer for 10 minutes. When the timer sounds, allow the pot to natural pressure release for 10 minutes.

Carefully unlock and remove the Instant Pot lid.

Top each piece of chicken with a spoonful of the ranch and sprinkle evenly with the cheese. Cover with the lid and allow the heat to melt the cheese. Once the cheese has melted remove the chicken and serve with pico de gallo on the side.

Fresh-Mex Quinoa Salad

3 cups cooked and cooled quinoa, red or white

1 can black beans, rinsed and drained

1 cup corn

1 avocado

1 pint grape tomatoes, sliced lengthwise

1/2 medium red onion, very thinly sliced

1/3 cup chopped cilantro

Juice of 2 limes

2 Tbs. olive oil

1 tsp. cumin

Place the quinoa into a large mixing bowl; toss in the black beans, corn, onion, tomatoes, avocados, and cilantro. In a small mixing bowl, whisk together the lime juice, oil, and cumin; drizzle over the salad ingredients and toss well. Season to taste with salt and pepper, as desired. Chill for later or serve at once. Salad is best served at room temperature.

Sheet Pan Veggie Quesadillas

11 8-inch flour tortillas

Melted butter

3 large sweet potatoes, baked until super fork-tender, flesh removed from the skins to a bowl and smashed with a fork

2 avocados, nicely ripened, flesh placed into a bowl and smashed with a fork
1 Tbs. your favorite taco seasoning
1 sweet red bell pepper and 1 sweet green bell pepper, seeds and membranes removed, diced
1 jalapeño, seeds and membranes removed, minced
16 oz. can black beans, drained and rinsed
1 cup corn
1 cup Colby Jack or cheddar cheese
Your favorite quesadilla toppings - cilantro, salsa, sour cream, etc

Preheat the oven to 425 degrees F.

In a large skillet over medium heat, add a drizzle of olive oil. When the oil is hot, add the taco seasoning, along with diced bell peppers and jalapeños; cook for 3-4 minutes until slightly softened. Stir in the black beans and corn, cooking for an additional 1-2 minutes; reserve.

Using a silicone brush, lightly brush a large, rimmed baking sheet with melted butter; place 3 tortillas down the center of the baking sheet, over lapping one on top of the other, letting the top and bottom tortilla overlap the baking sheet at the top and bottom.

Now, place 6 tortillas around the row of 3 tortillas that were placed down the center of the baking sheet, letting the tortillas overlap each other and hang over the edges of the baking sheet all the way around.

Top the sheet of tortillas with the smashed sweet potatoes, then add a layer of smashed avocados. Spread the prepared black bean mixture over the top, then sprinkle with shredded cheese.

Place 2 tortillas on top of the cheese layer, over lapping each other, one above the other in the center of the pan.

Next, fold the tortillas that are hanging over the sides of the pan towards the center, covering the filling. Lightly brush the top of the tortillas with melted butter, then place a second baking sheet over the top.

Bake the quesadillas on the center rack of the oven until they are golden brown and crispy on the top and the bottom, about 15-20 minutes.

Slide the sheet of baked quesadillas off the baking sheet onto a large cutting board, then use your pizza cutter to slice into rectangles. Serve the quesadillas warm, with your favorite toppings.

**Let's Get Cookin',
Chef Alli**

**www.ChefAlli.com
ChefAlli@ChefAlli.com**