

40 Healthy Easy

Mexican

Recipes



FAVEDIETS 

EVERYDAY RECIPES MADE LIGHTER

40 Healthy Easy Mexican Recipes

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

When it comes to flavor, few cuisines pack the punch of Mexican food. Full of powerful spices and tasty ingredients, Mexican food recipes are a universal delight. When it comes to tasty and easy recipes, nothing tops Mexican recipes.

Mexican recipes are always delicious, but are usually filled with fat and calories. Let this eCookbook, *40 Healthy Easy Mexican Recipes*, show you how to make healthy easy Mexican recipes that are simply irresistible.

We have assembled some of our staff's favorite healthy easy Mexican recipes, including easy Mexican casseroles, Mexican desserts recipes, and easy Mexican side dishes. We have everything from Supreme Chicken Burritos, Mexican-Style Chicken Casserole, Slow Cooker Mexican Chili, plus lots more.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in healthy Mexican recipes!

For additional healthy Mexican recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy easy Mexican recipes!

Sincerely,

The Editors of FaveDiets

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15 Minute Beef Burritos

Description

Enjoy a quick and healthy meal in no time at all with this easy Mexican recipe. Filled with warm goodness and classic Mexican tastes, you will want to make this Mexican recipe over and over again.

Serves: 8

Preparation Time: 5 min

Cooking Time: 10 min

Ingredients

- 1 pound lean ground beef
- 1 tablespoon chili powder
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 10-ounce package frozen chopped spinach, defrosted and well drained
- 1 cup prepared chunky salsa
- $\frac{3}{4}$ cup reduced fat Colby-Jack cheese, shredded
- 8 whole wheat tortillas, warmed

Instructions

1. In large nonstick pan, cook ground beef over medium heat eight to 10 minutes or until no longer pink, stirring occasionally. Pour off drippings.
2. Season beef with chili powder, cumin, salt and pepper.
3. Stir in spinach and salsa; heat through.
4. Remove from heat and stir in cheese.
5. To serve, place $\frac{1}{2}$ cup beef mixture in center of each tortilla.
6. Fold bottom edge of tortilla up and over filling; fold right and left sides to center, overlapping edges.

Almost Instant Quesadillas

Description

If you use the microwave, then this quick dinner recipe for kids can be ready in less than 1 minute. This healthy and quick recipe is unbelievably tasty, and with such a short cooking time.

Ingredients

- Soft whole wheat tortillas
- 1/2 teaspoon Dijon mustard
- 1/3 cup reduced fat Cheddar cheese, grated
- Green onions, sliced
- Coriander, chopped

Instructions

1. Spread tortilla with Dijon.
2. Sprinkle with cheddar, green onions and coriander or parsley.
3. Roll snugly. Cover with plastic wrap. Microwave for 20 to 25 seconds. Or wrap in foil and bake at 350 degrees F for 12 minutes.
4. Slice into 1-inch pieces and serve warm with salsa.

Notes

Each tortilla makes 6 pieces.

Awesome Ground Turkey Burritos

Description

For a uniquely satisfy and healthy twist on a traditional burrito, use ground turkey instead of ground beef. This Mexican recipe has all the taste of a traditional burrito but without the fat and calories.

Serves: 8

Ingredients

- 1 pound lean ground turkey
- 1 large onion, chopped
- 1 large green pepper, chopped
- 2 Serrano chilies, minced (optional)
- 1 clove garlic, minced
- 1 can reduced fat refried beans
- 1 can chilies
- $\frac{3}{4}$ cup picante sauce
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon oregano
- 1 teaspoon salt
- 1 dash cayenne pepper
- 1 cup reduced fat Monterey jack cheese, shredded
- 8 whole wheat tortillas

Instructions

1. Brown the turkey with onion, peppers and garlic. Drain excess fat.
2. Add the remaining ingredients and simmer about 10 minutes. Let cool a bit so the mixture is a little firmer.
3. Warm the tortillas in the microwave or individually in a frying pan to soften.
4. Put a big spoonful of mixture in the center of each tortilla, top with some cheese, and wrap, folding the ends within.

Notes

Optional additions: black beans, corn, more chilies, rice, whatever you like.

Bean and Veggie Enchiladas



Description

A great family dinner, these vegetable bean enchiladas are full of healthful vegetables. This is a great dish for Mexican food lovers and a great way to get the kids eating more veggies.

Serves: 6

Ingredients

- 12 tortillas
- 3 1/2 cups enchilada sauce
- 3 tablespoons oil
- 1 onion, minced
- 1 green pepper, chopped
- 3 celery stalks, chopped
- 1 tablespoon parsley
- 2 zucchini, coarsely grated
- 2 green beans, chopped
- 1 tablespoon cornmeal
- 1 dash cumin
- 1 dash chili powder
- 1 dash garlic powder
- 1 cup low-fat cheddar and/or jack cheese, grated
- 2 cups cooked pinto, kidney or other beans

Instructions

For enchiladas:

1. Preheat oven to 350 degrees. Sauté onion, pepper, celery and parsley in oil. Add vegetables and cook, covered until tender.
2. Add cornmeal, seasonings, and beans. Fill tortillas with generous 1/3 cup vegetable mixture and roll to form enchilada.
3. Place enchiladas in single layer in baking pan. Cover with sauce. Top with cheese. Heat in oven for 20-

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30 minutes.

For enchilada sauce:

Ingredients

- 2 cans (15 oz) tomato sauce
- 1/2 green pepper, chopped
- 1 stalk of celery, chopped finely
- 1/2 onion, chopped
- Parsley to taste
- 1/8 teaspoon garlic powder
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 teaspoon coriander
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder

1. Puree vegetables and spices with 1 can tomato sauce in blender. Pour into pan and add second can of tomato sauce. Simmer for 10-15 minutes.

Beef and Mushroom Mexican Fajitas

Description

Mexican is always an easy cuisine to tackle because everyone can make their own! Beef and Mushroom Mexican Fajitas are a great way to use leftover meat and veggies. If you don't like these ingredients, make your fajitas with your favorite toppings.

Serves: 8

Preparation Time: 15 min

Cooking Time: 45 min

Ingredients

- 1/4 cup lime juice
- 1 1/2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon sugar or sugar substitute
- 3 cloves garlic, minced
- 8 ounces beef top round, trimmed of fat and cut into thin strips
- 4 ounces Portobello or shiitake mushroom caps, chopped
- 1/2 Spanish onion, chopped
- 1/2 sweet red pepper, sliced
- 1/2 yellow pepper, sliced
- Freshly ground black pepper
- Salt (optional)
- 8 flour tortillas

Instructions

1. In a self-sealing plastic bag, mix the lime juice, chili powder, oregano, sugar, and garlic. Add the meat and mushrooms seal the bag, and press gently to coat the meat with the marinade. Place in the refrigerator and marinate for 30 minutes.
2. Coat a large non-stick skillet with no-stick vegetable oil spray. Warm over medium-high heat.
3. Add the meat, mushrooms, and 2 tablespoons of the marinade. Cook, stirring frequently, for 4-5 minutes, or until the meat is cooked.
4. Remove and set aside. Wash and dry the skillet. Coat with no-stick vegetable oil spray. Warm over medium-high heat. Add the onions, red peppers, and yellow peppers. Cover and cook for 1 to 2 minutes, or until the onions start to release moisture.

5. Uncover and cook, stirring frequently, for 4 to 5 minutes, or until the onions are golden. If necessary, add 1 or 2 teaspoons of water to prevent sticking. Season to taste with the black pepper and salt (if using).
6. Place the tortillas on a work surface. Divide the beef mixture among them, spooning it down the middle. Top with the onions and peppers. Fold the tortillas to enclose the filling.
7. Garnish each fajita with chopped fresh cilantro, fat free sour cream, and hot-pepper sauce to taste.

Beef and Spinach Burritos

Description

Have a fiesta with these Beef and Spinach Burritos! They're a great dish to use for entertaining guests or just as a family meal.

Serves: 8

Preparation Time: 5 min

Cooking Time: 10 min

Ingredients

- 1 pound lean ground beef
- 1 tablespoon chili powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 10 ounces package frozen chopped spinach, defrosted and well drained
- 1 cup prepared chunky salsa
- 3/4 cup shredded Colby Jack cheese
- 8 medium flour tortillas, warmed

Instructions

1. In large nonstick skillet, brown ground beef over medium heat 8 to 10 minutes or until no longer pink, stirring occasionally. Pour off drippings.
2. Season beef with chili powder, cumin, salt and pepper. Stir in spinach and salsa; heat through.
3. Remove from heat and stir in cheese.
4. To serve, spoon 1/2 cup beef mixture in center of each tortilla. Fold bottom edge up and over filling; fold right and left sides to center, overlapping edges.

Chicken Enchiladas with Cheese

Description

Enchiladas, stuffed full of cheese, meat and spices, is often stuffed full of calories too. This easy recipe is way healthier than any restaurant version, but you will never know that by tasting it.

Ingredients

- 4 boneless skinless chicken breasts, cooked and diced
- $\frac{3}{4}$ cup mild salsa
- $\frac{1}{2}$ green bell pepper, diced
- $\frac{1}{2}$ large yellow onion, diced
- 2 cups reduced fat Mexican blend shredded cheese (cheddar/jack)
- 1 cup no-fat sour cream
- 4 ounces low fat cream cheese, softened
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt and pepper to taste
- $\frac{1}{2}$ teaspoon dried cilantro
- 8 whole wheat tortillas
- 1 cup reduced fat Cheddar cheese, cubed
- $\frac{1}{2}$ cup skim milk

Instructions

1. In large bowl, thoroughly mix chicken, salsa, bell pepper, onion, shredded cheese, cream cheese, sour cream, garlic powder, paprika, salt, pepper and cilantro.
2. Fill 8 large tortillas with this mixture, roll them up and place in a sprayed/greased casserole dish.
3. Sauce: combine Cheddar cheese and milk. Microwave on high, stopping to stir often, until cheese is melted and sauce is smooth; it has a tendency to boil over.
4. Pour cheese sauce over enchiladas covering completely. Spread a little more salsa over cheese sauce.
5. Cover with foil and bake at 325 degrees F for 45-60 minutes. Remove from oven and remove foil and allow to stand for 10 minutes before serving.

Chicken Fiesta Casserole

Description

This recipe for chicken casserole is so good because it incorporates the classic Mexican flavors that you have grown to love. Give this Mexican casserole recipe a try tonight to discover a whole new world of flavor.

Serves: 28

Cooking Time: 1 hr

Ingredients

- 12 cups lean skinless chicken, cooked and diced
- 12 cups reduced fat Monterey Jack cheese, shredded
- 6 cups canned green chilies, chopped
- 1 quart fat free sour cream
- 4 cans low sodium cream of chicken soup
- 3 cups salsa
- 48 corn tortillas
- 7 cups reduced fat Cheddar cheese, grated

Instructions

1. In a large bowl, mix chicken, jack cheese, chilies, sour cream, soup, and salsa.
2. In a Five quart round container, layer the tortillas with the mixture. Use one tortilla, then one big cup of mixture, then tortilla; and press down.
3. Repeat till the mixture is gone, ending with tortillas.
4. Divide the cheddar into seven portions, place into bags, and place one on top of each casserole.
5. Before baking, pop the casserole out of the container, place in an oven-proof casserole dish, top with the grated cheddar.
6. Bake at 375 degrees F for 45-60 minutes, till hot and bubbly throughout.

Notes

This recipe makes enough for seven casseroles.

Easy Authentic Guacamole

Description

Get more heart healthy avocado into your diet with this easy recipe for guacamole dip. Let this simple recipe show you how to make fresh guacamole that will instantly disappear when served at your next gathering.

Ingredients

- 1/2 small onion, very finely chopped
- 2 Serrano chilies or one jalapeno, stemmed and seeded, finely chopped
- 1 medium tomato, cored and finely chopped
- 1 clove garlic, chopped
- 10 sprigs cilantro, chopped
- 3 medium avocados
- Salt, to taste
- 1/2 a fresh squeezed lime

Instructions

1. In a medium bowl, mix onions, chilies, tomato, garlic and cilantro.
2. Remove the pit and peel on the avocado and cut into small pieces.
3. Lightly mash the avocado with onion mixture.
4. Flavor with salt. Then add the lime juice.
5. Return the avocado pits to the guacamole (keeps it from turning black) and cover with a sheet of plastic wrap. Make sure to press it directly against the surface all over. Set aside or refrigerate to let flavors blend.
6. When ready to serve, add whole sprigs of cilantro for garnish. Serve with tortilla chips or mound over shredded lettuce for a different salad.

Easy Avocado Soup

Description

If you love the creamy taste of fresh avocados, turn them into a soup with chicken stock and a bit of lemon. This avocado soup recipe is perfect for a Mexican-themed meal or a Cinco de Mayo party.

Ingredients

- 3 avocados
- 2 pints low-sodium chicken stock, hot
- 1/2 lemon, juice
- Salt and pepper, to taste
- 1 tablespoon cilantro, chopped

Instructions

1. Peel avocados and process in blender or food processor in batches with 2 pts of hot chicken stock. When nice and smooth remove from blender and heat until just below boiling.
2. Squeeze half a lemon into the soup, add a couple cranks of pepper and coarse salt. Garnish individual servings of soup with chopped cilantro.

Easy Breakfast Burritos

Description

No more boring bowls of milk and cereal for breakfast. With this easy recipe, whip up a unique and tasty breakfast that is filling. It's bound to get your day going on the right foot.

Serves: 10

Ingredients

- 2 cups Egg Beaters
- 1 pound lean turkey sausage
- 2 cups reduced fat Mexican blend shredded cheese
- 10 large whole wheat tortillas

Instructions

1. Scramble Egg Beaters with a small amount of skim milk.
2. In another pan, crumble sausage and brown.
3. Combine with cheese and cook over low flame until cheese melts.
4. Warm tortillas in microwave on medium for about 30 seconds until soft enough to roll up without cracking.
5. Place about 1/4 cup egg mixture in tortilla and roll up. Serve with salsa if desired.

Easy Garlic Lime Chicken



Description

Try this quick and easy garlic-lime chicken recipe on the grill or on the stove. The chicken is wonderful by itself or served with rice, but would also be excellent filling for a fajita or burrito.

Serves: 4

Preparation Time: 40 min

Cooking Time: 15 min

Ingredients

- 4 boneless, skinless chicken breast halves
- $\frac{1}{2}$ cup low-sodium soy sauce
- $\frac{1}{4}$ cup fresh lime juice
- 1 Tbsp Worcestershire sauce
- 2 cloves garlic, minced
- $\frac{1}{2}$ tsp. dry mustard
- $\frac{1}{2}$ tsp. coarsely ground pepper

Instructions

1. Mix together soy sauce, lime juice, Worcestershire sauce, garlic and mustard. Place chicken in bowl and pour sauce over all. Cover and marinate in refrigerator 30 min.
2. Remove chicken from marinade and sprinkle with pepper.
3. Spray nonstick frying pan with butter flavored cooking spray and heat over medium temperature. Add chicken and cook about 6 minutes on each side or until fork can be inserted with ease.

Notes

Chicken may be grilled. It is also delicious served cold.

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Fiesta Baja Chicken Dinner



Description

This recipe for chicken casserole is great because it is not time consuming. The jalapeno peppers will surely wake you up, after a hard day's work. Complement the spicy in this meal with ice-cream for dessert!

Serves: 6

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 pound boneless skinless chicken breast, cut into 2-inch strips
- 2 jalapeno peppers, seeded and minced
- 1 can (15 ounce) low-sodium tomato sauce
- 1 package (16 ounce) frozen corn
- 2 ¹/₂ teaspoons taco or burrito seasoning
- Baked tortilla chips
- Low-fat cheddar cheese, shredded

Instructions

1. Heat olive oil in skillet over medium heat. Add chicken and cook about five minutes, stirring often.
2. Add jalapeno peppers, tomato sauce, corn, and seasoning. Simmer for 15 minutes, stirring occasionally.
3. Spoon over baked tortilla chips and sprinkle with low-fat cheese.

Fish Tender Tacos

By Gorton's Seafood



Description

Instead of using chicken, change it up with some healthy fish tenders. Try creating the classic Mexican dish of fish tacos with this simple recipe. Dress these up with some avocado or guacamole, black beans and fresh tomatoes.

Serves: 4

Preparation Time: 5 min

Cooking Time: 6 min

Ingredients

- 8 Gorton's Original Batter Tenders
- 4 hard shell tacos
- 1 cup shredded lettuce
- 1 cup shredded cheddar cheese
- 1 cup salsa
-

Instructions

1. Prepare Gorton's Original Batter Tenders according to package instructions.
2. Place 2 cooked Gorton's Tenders on bottom of taco shell.
3. Top Tenders with 1/4 cheese, 1/4 cup of salsa and 1/4 cup of lettuce.
4. Serve immediately.

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Fresh Pico de Gallo Salsa

John Kunkel of Lime Fresh Mexican Grill

Description

Try this low-fat delicious salsa from Lime Fresh Mexican Grill at the Promenade in Coconut Creek, Florida. The restaurant's fast-casual, fresh appetizers like this Pico de Gallo are perfect for football season.

Ingredients

- 2 medium fresh tomatoes, diced
- 1/2 Spanish onion, diced
- 1 bunch cilantro, thoroughly washed and minced
- 1 tablespoon salt
- Juice from 4 limes

Instructions

1. Add diced tomatoes, onions and cilantro in a large bowl.
2. Cut limes in half; squeeze into mix.
3. Add salt, and mix all ingredients thoroughly.

Healthy Mexican-Style Soup

Description

For a healthy way to incorporate delicious Mexican flavors into your cooking, give this easy slow cooker soup recipe a try. This low calorie slow cooker recipe does not disappoint.

Ingredients

- 1 pound lean ground beef
- 8 cups low sodium chicken stock
- 4 tablespoons white whole wheat flour
- 1 egg
- 1 red chili pepper
- 4 medium carrots, grated
- 5 1/2 tablespoons Minute brown rice
- 1/2 pound spinach, chopped
- 1/2 teaspoon oregano
- 1/4 pound lean ham, chopped
- 2 1/2 tablespoons parsley

Instructions

1. Mix beef, 1/2 cup stock, flour and egg. Form into small balls. Set aside.
2. Put remaining stock, chili pepper, carrots and rice in slow cooker on high to simmer.
3. When simmering, add meat balls cover and cook 30 minutes. Then turn heat on low and cook three hours.
4. Add other ingredients and cover and cook for 20 more minutes.

Notes

May be served with lemon wedges if desired.

Jalapeno Peppers with Tuna

Description

Use jalapeno peppers to make a delicious easy party appetizer that is low in fat and calories. Tuna, a lean and healthy protein source, adds extra goodness to this quick easy appetizer recipe.

Ingredients

- 1 can tuna
- Green onion, chopped
- Salt and pepper
- Mayonnaise
- Jalapeno peppers

Instructions

1. Mix one can of tuna with chopped green onion, to taste. Add salt and pepper. Mix well with a little mayonnaise and set aside.
2. Cut jalapeno peppers in half and remove seeds and stems. Wash them and dry them well.
3. Stuff the peppers with tuna mixture and sprinkle with pepper. Set in refrigerator until ready to serve.

Notes

Because raw jalapeno peppers can burn the skin and eyes, wear plastic gloves when cutting the peppers. This appetizer will taste better if made at least four hours before serving.

Low Fat Ruby Tuesday Style Chicken Quesadilla



Description

Ruby Tuesday copycat recipes are always a favorite at home and this one is no exception. Finally enjoy the flavor of going out with less fat to make you feel guilty later. Make every day taste like going out and still eat healthily!

Ingredients

- 5 ounces skinless chicken breast halves
- Low fat Italian salad dressing, for coating
- 1 12-inch wheat tortilla
- Melted butter substitute, also for coating
- 1 cup Low fat and shredded Cheddar or Monterrey jack cheese
- 1 tablespoon plus 1/4 cup fresh tomato, diced
- 1 tablespoon jalapeno pepper, diced
- Cajun seasoning to taste
- 1/2 cup lettuce, shredded
- Low fat sour cream
- Fresh garden salsa for dipping
-

Instructions

1. Place skinless chicken breast in a bowl with enough low fat Italian dressing to coat; allow to marinade 30 minutes in refrigerator.
2. Grill marinated chicken until done in a pan. Cut into 3/4 inch pieces and set aside.
3. Brush one side of wheat tortilla with butter substitute and place in saucepan over medium heat.
4. On one half of tortilla, add low fat cheese, 1 tablespoon tomatoes, peppers, and Cajun seasoning (in that order). Make sure to spread to the edge of the half. Top with diced chicken, fold empty tortilla side on top, and flip over in pan so that the cheese is on top of the chicken.

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5. Cook until very warm throughout. Remove from pan to serving plate and cut into six equal wedges on one side of plate.
6. On the other side put lettuce, top with 1/4 cup tomatoes, and then top with low fat sour cream.
7. Serve with your favorite salsa in a small bowl on the side.

Low Fat Santa Fe Chicken Salad Cheesecake Factory Style

Description

Copycat recipes from Cheesecake Factory are guaranteed to please, and now with this low fat version of their Santa Fe Chicken Salad you will be able to enjoy the taste of your favorite restaurant without having to leave the house or break your low fat diet! The lime dressing on this zesty marinated chicken will spice up your dinner every time you prepare it!

Serves: 12

Ingredients

- 6 skinless chicken breast halves
- 1/2 cup reduced sodium teriyaki marinade
- 16 cups romaine and leaf lettuce
- 1 cup fresh cilantro
- 2 15 ounce cans of black beans, rinsed
- 2 cans of whole kernel corn, drained
- 3 cups grated low fat jack cheese
- 3 cups toasted wheat or corn tortilla strips
- 3 cups diced seeded tomatoes

Instructions

1. Marinate skinless chicken breast one hour in low sodium teriyaki marinade.
2. Broil and baste the chicken for approximately 15 minutes. Cool and then cut into bite-sized pieces or shred.
3. Tear lettuce. Then add cilantro and 1 cup each of beans and corn. Dress with lime dressing (see notes).

Notes

Lime dressing

1/2 teaspoon lime zest

2 tablespoons lime juice

1 tablespoon snipped cilantro

1/4 teaspoon salt

1 clove garlic, crushed

1/2 cup olive oil

Process until thick.

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Marinated Turkey Fajitas

Description

Turkey is a healthy alternative to steak fajitas, and is well-spiced in this recipe with paprika, allspice and a touch of cayenne pepper. Plantains complement the turkey instead of high-fat cheese or guacamole.

Serves: 4

Preparation Time: 10 min

Cooking Time: 10 min

Ingredients

- 1 cup green onions, sliced diagonally
- 2 teaspoons oil
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon ground allspice
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon cayenne pepper
- 1 pound skinless turkey (boned and cut into $\frac{1}{4}$)
- 4 8-inch nonfat flour tortillas
- 1 teaspoon canola oil
- 2 large plantains (peeled and thinly sliced)
- $\frac{1}{8}$ teaspoon cayenne pepper

Instructions

1. Combine the first 8 ingredients in Ziploc-style plastic bag; seal, and shake well to coat. Marinate in refrigerator 20 minutes.
2. Warm the tortillas according to the package directions. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
3. Add plantains; sauté 5 minutes or until golden. Add $\frac{1}{8}$ teaspoon red pepper, and stir well.
4. Remove plantains from skillet; keep warm.
5. Add turkey mixture to skillet, and sauté 4 minutes or until done. Divide turkey mixture evenly among warm tortillas, and roll up. Serve with plantains.

Mexican Corn Muffins

Description

Corn muffin recipes are always great. Always. This healthy muffin recipe is especially great because it has great Mexican-inspired flavors like chilies and cilantro. Enjoy this low calorie muffin for breakfast or as a supper side dish.

Serves: 8

Cooking Time: 25 min

Ingredients

- 1 1/2 cups white whole wheat flour plus 3 tablespoons cornstarch
- 1/2 cup yellow cornmeal
- 1 tablespoon baking powder
- 2/3 cup water
- 3 large eggs, or equivalent egg substitute
- 1/3 cup light vegetable oil
- 1/4 cup fresh cilantro, chopped
- 2 Serrano chilies, seeded and minced
- 3 tablespoons brown sugar
- 1 teaspoon salt

Instructions

1. Preheat oven to 350 degrees F.
2. Spray 8 2/3-cup custard cups with cooking spray. Place cups in oven 5 minutes.
3. Mix flour, corn meal, and baking powder in large bowl.
4. Whisk remaining ingredients together in medium bowl. Add to dry ingredients and whisk until well combined. Divide batter among prepared cups.
5. Bake until tester inserted into center comes out clean, about 18 to 20 minutes.
6. Cool slightly. Turn muffins out.

Notes

The recipe makes 8 very large muffins. For smaller size muffins, use standard muffin cups and make sure you reduce the baking time a little bit. Serve warm or at room temperature.

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Mexican Flag Jello

Description

Designed to look like the flag of Mexico, this sweet desserts recipe is the perfect ending for your next fiesta. This easy Mexican dessert recipe is layers upon layers of deliciousness.

Ingredients

- 1 envelope unflavored sugar free gelatin
- $\frac{1}{4}$ cup cold water
- 5 eggs, separated
- 1 cup sugar substitute, divided
- $\frac{3}{4}$ teaspoon almond extract, divided
- $\frac{1}{2}$ teaspoon grated lemon zest, divided
- 2 cups skim milk
- $\frac{3}{4}$ cup almonds, slivered and toasted
- Green and red food coloring

Instructions

GELATIN MOLD:

1. Soften gelatin in cold water, then dissolve over hot water.
2. Add to egg whites in large bowl. Beat until they form thick, white foam.
3. Add $\frac{3}{4}$ cup of sugar, one tablespoon at a time, sprinkling each spoonful over 1 minute.
4. When whites hold soft, curving peaks, add $\frac{1}{2}$ teaspoon of the almond extract and $\frac{1}{4}$ teaspoon of the lemon peel; beat in thoroughly.
5. Divide in thirds; tint one pastel green and one pink and leave one white.
6. Drop by alternate spoonfuls in mold or pour layers. Chill 2-6 hours.

SAUCE:

1. In top of double boiler, blend thoroughly the egg yolks, sugar, milk and remaining $\frac{1}{4}$ teaspoon lemon peel.
2. Cook, stirring constantly, over gently simmering water until mixture thickens enough to coat back of metal spoon.
3. Add $\frac{1}{4}$ teaspoon almond extract and slivered almonds. Set in pan in cold water and stir to cool.
4. Cover and chill. It will be a thin custard. Serve over portions of gelatin mold.

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Mexican Party Deviled Eggs

Description

Deviled eggs are always a party favorite, so why not switch things up and try this Mexican variation? This tasty finger-food is flavored with cumin, capers and hot peppers. Try these as an appetizer at your next fiesta.

Serves: 12

Ingredients

- 12 large hard boiled eggs, peeled
- $\frac{1}{4}$ cup low-fat mayonnaise or salad dressing
- 1 tablespoon cumin
- 1 tablespoon capers, finely chopped
- 1 tablespoon prepared mustard
- $\frac{1}{2}$ teaspoon salt
- 1 jalapeno pepper, sliced & seeded
- 1 habanera pepper, sliced & seeded
- Ground red pepper
- Fresh cilantro, chopped

Instructions

1. Cut the eggs lengthwise into halves. Slip out the yolks and mash with a fork.
2. Mix the mashed yolks with the mayonnaise, cumin, capers, mustard, salt and the jalapeno pepper.
3. Fill the egg whites with the egg yolk mixture, heaping lightly. Sprinkle with ground red chilies and garnish with the cilantro and a slice of the habanera pepper.

Mexican Turkey Burgers



Description

Cumin and chili pepper bring exciting flavor to these healthy turkey burgers. Plain yogurt works well as a topping.

Ingredients

- 1 pound lean ground turkey
- $\frac{1}{3}$ cup onion, finely chopped
- $\frac{1}{4}$ cup packaged whole wheat bread crumbs
- $\frac{1}{4}$ cup parsley, chopped
- 1 clove garlic, chopped
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon oregano
- $\frac{1}{4}$ teaspoon pepper
- 2 egg whites
- $\frac{1}{4}$ cup plain low-fat or non-fat yogurt

Instructions

1. Mix together turkey, onion, bread crumbs, parsley, garlic, salt, cumin, chili powder, oregano and pepper.
2. Add egg whites and yogurt, mix well.
3. Shape into 4 patties, each 4 inches across. Dredge in whole wheat flour.
4. Sauté in 1 tablespoon of light oil until browned and cooked through.

Notes

The burgers can fall apart easily, so grilling them is not advisable. They are very moist and juicy when done! Serve on onion buns with yogurt as a topping.

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Mexican-Style Chicken Casserole

Description

Make a delicious quick chicken dish that, with a few additions, is healthy too. Healthy chicken dishes with heaps of flavor make for the perfect dinner any day of the week. For lots of great Mexican flavor, try this recipe.

Serves: 4

Cooking Time: 30 min

Ingredients

- 4 skinless chicken breasts, cooked and cut up
- 1 can corn
- 1 can peas
- 1 can kidney beans, mashed
- 1/2 cup tomatoes, diced
- 1 cup potato flakes
- 1 tablespoon chunky salsa
- 3 cups reduced fat Cheddar cheese, shredded
- 2 tablespoons reduced fat mayonnaise

Instructions

1. Grill or broil the chicken ahead of time and cut into chunks.
2. Mix the chicken with corn, peas, beans, potato flakes, salsa and mayonnaise.
3. Spread the mixture into a large, shallow rectangular pan.
4. Sprinkle the rest of the cheddar over the mixture and bake at 350 degrees F for 30 minutes.

Mexican-Style Meatloaf

Description

This delicious meatloaf recipe will blow you away. Spicy Mexican additions make this recipe one of the best and healthiest quick easy meatloaf recipes around.

Ingredients

- 1 cup tomato salsa
- $\frac{3}{4}$ cup baked tortilla chips, finely crushed
- 1 egg white
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 small fresh green chili, seeded and minced (optional)
- 1 tablespoon chili powder
- $\frac{1}{2}$ teaspoon ground cumin
- 1 $\frac{1}{2}$ pounds ground turkey
- $\frac{1}{2}$ cup low fat Cheddar cheese, shredded

Instructions

1. Combine salsa, chips, egg, onion, garlic, chili, chili powder and cumin in a bowl and salt to taste. Mix thoroughly. Add meat and mix until blended.
2. Pat mixture into a loaf or round shape, depending on your cooker's dimensions, and place on a rack in slow cooker.
3. Cook all day on low or 5 hours on high. Sprinkle shredded cheddar over top of loaf and return lid to cooker. Cook until cheese melts. Let stand 5 minutes before slicing.

Notes

Note about racks: It's been suggested to use a wire rack that fits the cooker, or to use three canning jar lids to lift up the meat from the grease that accumulates. Good ideas!

Muy Caliente Turkey Chili Mole

Description

Mole is a beloved dish among Mexican food aficionados. You'll see why after you taste Muy Caliente Turkey Chili Mole!

Serves: 5

Ingredients

- 1 medium-size (about 5-oz.) onion, chopped
- 1 pound ground turkey
- 2 cloves garlic, minced or pressed
- 1 can (8 oz.) tomato sauce
- 1 can (15 oz.) stewed tomatoes
- 1 can (about 15 oz.) kidney beans, rinsed and drained
- 1 tablespoon molasses
- $\frac{1}{4}$ teaspoon liquid hot pepper seasoning
- 1 tablespoon cocoa
- 1 teaspoon each paprika and ground cumin
- $\frac{1}{2}$ teaspoon each dried oregano leaves and dried basil leaves
- Tortilla or corn chips

Instructions

1. In a 4- to 5-quart pan over high heat, combine onion and $\frac{1}{4}$ cup water.
2. Boil, uncovered, until liquid evaporates and onion begins to stick.
3. Add $\frac{1}{4}$ cup water, stir to free browned bits, and boil dry again.
4. Add $\frac{1}{4}$ cup water and repeat step. Add turkey and garlic; stir, crumbling meat and cooking until it's no longer pink and juices have cooked away.
5. Stir in tomato sauce, tomatoes, beans, molasses, hot pepper seasoning, cocoa, paprika, cumin, oregano, and basil.
6. Bring to a boil, reduce heat, cover, and simmer until flavors are well blended, about 30 minutes.
7. Spoon into bowls; serve with tortilla chips.

Rice with Beans and Corn

Description

A great spin on plain rice, this dish is a winner. The fiber-rich black beans and hearty corn amp up this healthy side dish. Try as a side dish with grilled fish, or fill a chicken burrito with this Mexican-style rice.

Serves: 8

Cooking Time: 25 min

Ingredients

- 1 cup water
- $\frac{1}{2}$ cup uncooked long-grain rice
- 4 plum tomatoes, chopped
- 15 ounces black beans, rinsed and drained
- 10 ounces frozen whole kernel corn, thawed
- 4 green onions, chopped
- $\frac{1}{2}$ cup fresh cilantro, chopped
- $\frac{1}{4}$ cup lime juice
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Instructions

1. Bring water to a boil in a large saucepan; stir in rice. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed and rice is tender.
2. Add tomato and remaining ingredients. Cook over medium heat, stirring constantly, until heated.

Rice with Milk



Description

This classic Mexican dessert is the perfect way to end your meal. This recipe is one of the best traditional Mexican desserts recipes around because it is easy to make and delicious to eat.

Serves: 6

Ingredients

- 1/2 pound rice, brown or white
- 1 cup water
- 1 cinnamon stick (1 1/2 inches)
- 1 piece lemon peel
- 2 1/2 ounces sugar substitute
- 1/4 teaspoon salt
- 5 cups skim milk
- Ground cinnamon

Instructions

1. Put the rice, water, cinnamon stick, lemon peel, sugar and salt in a saucepan and bring to a boil.
2. Cover and simmer on a low fire until the water is nearly absorbed, about 8 minutes. Then add the milk and continue cooking until the rice is very tender.
3. There should be enough liquid left to give a creamy consistency to this dessert.
4. Remove cinnamon and lemon rind. Serve dusted thickly with cinnamon. Serve hot or chilled.

Slow Cooker Mexican Chili

Description

Slow cooking this tasty Mexican chili allows all the ingredients to meld and creates a beautiful final flavor. Serve this chili topped with reduced-fat sour cream and a side of homemade corn bread.

Serves: 10

Cooking Time: 10 hr

Ingredients

- 2 cans red kidney beans, drained
- 28 ounces can tomatoes, cut up
- 1 cup chopped celery
- 1 cup chopped onion
- 6 ounces tomato paste
- $\frac{1}{2}$ cup green pepper, chopped
- 4 ounces green chili peppers, drained and chopped
- 2 tablespoons sugar
- 1 bay leaf
- $\frac{1}{2}$ teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon dried marjoram, crushed
- 1 dash pepper
- 1 pound ground turkey

Instructions

1. In skillet brown ground turkey and drain.
2. In slow cooker combine all ingredients. Cover, cook on low heat for 8 to 10 hours.
3. Remove bay leaf and stir before serving.

Shells and Fish, Fiesta Style

Description

This is a tasty and healthy pasta recipe all can enjoy. Cooking pasta for a crowd? Try this simple pasta recipe.

Serves: 2

Cooking Time: 45 min

Ingredients

- 12 ounces fish filet
- 2 cups small shell macaroni
- 1 can whole tomatoes
- 1/2 cup chopped onion
- 1/2 package taco seasoning mix
- 1 medium green pepper in strips
- 1/2 cup low fat cheddar cheese

Instructions

1. Cook macaroni and drain.
2. In a saucepan, stir tomatoes, onions and taco seasoning. Add macaroni and green pepper, bring to a boil.
3. Pour this mixture into a shallow baking dish. Place fish on top. Spoon some sauce over fish.
4. Bake at 350 degrees F for 35 minutes. Sprinkle with cheese before serving.

South of the Border Chicken Casserole



Description

Turn your kitchen into a Mexican fiesta with this fun filled dish. This is one of the easiest chicken casserole recipes that won't disappoint. Make tonight one big party with this recipe as the guest of honor.

Preparation Time: 5 min

Cooking Time: 45 min

Ingredients

- 6 cups baked tortilla chips, crushed
- 2 boneless skinless chicken breasts, boiled and shredded (4 halves)
- 2 cups reduced-fat cheddar cheese
- 1 can Campbell's low-fat cream of chicken soup
- 1 (16 ounce) container fresh salsa
- 1 (16 ounce) container reduced-fat sour cream
- 1 can low-sodium olives, chopped

Instructions

1. Preheat oven to 375 degrees F.
2. Mix all ingredients together well in baking dish.
3. Bake for 45 minutes on 375 degrees F.

Supreme Chicken Burrito

Description

Loaded with cheese, chicken and Mexican spices, this Mexican recipe represents the ultimate in burrito satisfaction. Just one bite of the easy Mexican recipe and you'll never want another burrito.

Serves: 8

Ingredients

- 2 skinless chicken breasts
- 28 ounces can tomato sauce
- 2 cups brown rice
- Reduced fat cheese (Cheddar or Monterey Jack)
- Cumin
- Chile powder
- Light vegetable oil
- Large whole wheat tortillas
- Fat free sour cream (optional)
- Salsa (optional)
- Hot sauce (optional)

Instructions

1. Cook rice in pot or rice steamer with water. Place rice in pot, and add 1 cup (about 9 ounces) of tomato sauce.
2. Add shredded cheese, 3 tbsp cumin and 3 tbsp chili powder. Stir well, and allow cheese to melt. Add more cheese, cumin and chili powder to taste.
3. Cut chicken into small chunks, 1-2 inches. Heat oil in frying pan, and cook chicken cubes until they are almost done.
4. Add 3 tbsp cumin and 3 tbsp chili powder. Increase heat, and let it fry until almost blackened (1 - 2 minutes).
5. Reduce heat, add 1 cup (about 9 ounces) tomato sauce and shredded cheese to chicken. Stir well, and allow cheese to melt.
6. Remove from heat, and combine rice mixture with chicken mixture. Stir well, and add more cheese, cumin, chili powder and tomato sauce to taste.
7. Heat both sides of 1 large tortilla over an open flame for 3 seconds each side.

8. Scoop a good amount of the mixture and put it in the center of the tortilla (not too much, or you will not be able to roll it).
9. Add some cheese, sour cream, salsa, and hot sauce.
10. Fold over the left side of the tortilla toward the middle (about 1/3 of the distance) and then roll from the bottom up.

Notes

For enchiladas, roll burritos fat, arrange them in a baking pan, and then pour remaining tomato sauce over them. Add some cheese, and bake on 350 degrees F for 15 minutes.

The 15-Minute Soft Taco

Description

In the amount of time it takes you to get a taco at a restaurant, you can make a soft taco with more flavors and less fat right in your own kitchen. This is truly one of the best taco recipes around.

Cooking Time: 15 min

Ingredients

- 1 tablespoon olive oil
- 2 cups broccoli, coarsely chopped
- 1 cup red onion, sliced
- 1 1/2 cups bell pepper, julienne
- 1 cup mushroom, sliced
- 1 cup shiitake mushrooms, sliced
- 1/3 cup Anaheim chili pepper, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 cup tomato juice
- 1 tablespoon cilantro, minced
- 2 tablespoons lime juice
- 15 ounces canned black beans, no salt added
- 6 whole wheat tortillas
- 1 1/2 cups reduced fat Monterey jack cheese, shredded
- 3 cups romaine lettuce, shredded
- 3/4 cup salsa
- 6 tablespoons no-fat sour cream

Instructions

1. Heat oil in a large nonstick skillet over medium high heat. Add broccoli, onion, and bell peppers; sauté four minutes. Add mushrooms, chili, cumin, and chili powder; sauté two minutes.
2. Add tomato juice; cook two minutes or until slightly thickened. Remove from heat; stir in lime juice and cilantro; set aside.
3. Divide black beans evenly among tortillas; top each with a 1/2 cup broccoli mixture and 1/4 cup cheese. Fold tortillas in half, and place on a baking sheet.
4. Bake at 375 degrees F for five minutes or until cheese melts.
5. Serve with lettuce, salsa and sour cream.

Tortilla Casserole

Description

Prepare to be overwhelmed by the taste of this quick easy casserole recipe. Best of all, this quick easy casserole is lower in fat and calories than your average casserole. Enjoy this inexpensive casserole recipe tonight.

Ingredients

- 1 1/2 pounds ground turkey
- 1 large onion, chopped
- 4 garlic cloves, chopped
- 1 green bell pepper, chopped
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 3 to 6 cilantro sprigs
- 1 cup olives, chopped
- 1 pound tomatoes
- 1 1/4 cups enchilada sauce
- 8 corn tortillas
- 1/2 pound reduced fat Cheddar cheese, grated
- 1/2 pound reduced fat Monterey Jack cheese, grated
- 1 cup baked corn chips, crushed

Instructions

1. Brown ground turkey; drain any excess fat. Add onion, garlic and bell pepper; cook until soft.
2. Cut tomatoes into chunks and add to meat mixture, including liquid. Add enchilada sauce, chili powder, cumin and cilantro. Add salt and pepper to taste. Bring to a boil; reduce heat and simmer uncovered for 20 minutes.
3. Grease a 3-quart casserole. Steam tortillas. Put approx. 1/3 of the meat mixture in the casserole dish followed by a layer of tortillas, cheese and olives. Repeat twice.
4. Sprinkle crushed corn chips around the edges and bake at 350 degrees F for 20 minutes or until heated through. Cut into wedges.

Tortilla Chips with Zesty Salsa

Description

For an easy snacks recipe that is bound to be a surefire hit at your next get-together, give this Mexican food recipe a try today. Filled with fresh and zesty ingredients, this is a healthy snack recipe you can't afford to miss.

Ingredients

- 1 1/4 pounds tomatoes, seeded drained and chopped
- 1/4 cup chili beer, or your favorite light beer
- 1/4 cup fresh cilantro, chopped
- 1/2 cup onion, chopped
- 3 jalapenos, minced
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon sugar substitute
- Baked whole wheat tortilla chips

Instructions

1. Combine all ingredients except tortilla chips in a large serving bowl, stir.
2. Let stand for at least two hours, chill in refrigerator if desired.
3. Serve salsa with tortilla chips.

Notes

Makes about 2 1/2 cups of salsa. Choose low sodium tortilla chips.

Tres Leches (Milk Cake)

By Blue Diamond Almonds

Description

This easy cake recipe courtesy Blue Diamond almonds is a super delicious and healthy take on a classic Mexican dessert. Tres Leches, a popular cake in Latin America, is a sweet delight everyone will love.

Serves: 14

Preparation Time: 35 min

Cooking Time: 45 min

Ingredients

- 6 large eggs, separated
- 2 cups raw unrefined sugar
- 2 cups flour, unbleached
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{2}$ cup Vanilla Almond Breeze® almond milk

Instructions

1. Preheat oven to 350 degrees F. Grease and flour a 9" x 13" pan.
2. Start beating the egg whites at low speed, increasing the speed to high until soft peaks form.
3. Add the sugar gradually, letting it dissolve well between each addition. Beat until stiff peaks form.
4. Add the egg yolks to the whites, one-by-one, and beating well after each addition.
5. Mix the flour with the baking powder and salt and add to the egg mixture alternating with the Vanilla Almond Breeze®. This must be done quickly or the batter will lose its lightness.
6. Add the vanilla. Blend. Pour the batter into prepared pan and bake 25 - 30 minutes. Top will spring back when touched.

Topping:

Ingredients:

- 1 cup Vanilla Almond Breeze®

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- 3/4 cup Cream of coconut
- 1/2 cup Corn syrup
- 1/2 tsp Vanilla extract
- 1 large Egg yolk

Instructions:

1. Whisk ingredients together in a sauce pan.
2. Bring to a boil, reduce heat, and simmer on low until the mixture thickens, approximately 10 - 12 minutes.
3. Remove from heat and pour topping evenly over warm sponge cake. It is not necessary to poke holes in the cake, as the syrup will be absorbed by the sponge cake within 3 - 4 hours.

Notes

Serve with assorted berries, lactose free yogurt or ice cream.

Turkey Tortilla Casserole

Description

Perfect for a Cinco de Mayo fiesta, this Mexican chip casserole is a funky version of lasagna. Layer seasoned turkey, corn, cheese and tortilla chips for an all-in-one meal.

Cooking Time: 20 min

Ingredients

- 1 pound ground turkey
- 1 medium onion, chopped
- 1 clove garlic, minced
- 10 ³/₄ ounces can low-fat condensed cream of mushroom soup, undiluted
- 11 ounces can Mexicorn
- 4 ounces can green chilies, chopped
- 10 ¹/₂ ounces tortilla chips
- 10 ounces can enchilada sauce
- 2 cups shredded low-fat Colby jack cheese

Instructions

1. In a skillet, cook turkey, onion, and garlic until meat is browned and onion is tender; drain.
2. Add soup, corn, and chilies; mix well. In an ungreased shallow 3-quart baking dish, layer meat mixture, tortilla chips, and enchilada sauce; top with cheese.
3. Bake, uncovered, at 350 degrees F for 8 - 10 minutes or until heated through.

Vegetarian Bean Enchiladas

Description

This is a great alternative to the often heavy meat-stuffed enchiladas you find at a restaurant. Try mixing up different combinations of vegetables and beans (just steer clear of refried beans that pack in excessive fat) and serving this as a family friendly weeknight dinner.

Serves: 6

Ingredients

- 3 cups enchilada sauce (recipe below)
- 12 tortillas
- 3 tablespoons oil
- 1 onion, minced
- 1 green pepper, chopped
- 3 celery stalks, chopped
- 1 tablespoon dried parsley
- 2 zucchini, coarsely grated
- 2 green beans, chopped
- 1 tablespoon cornmeal
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1 cup cheddar and/or jack cheese, grated
- 2 cups cooked pinto, kidney or other beans

Instructions

Enchilada Sauce:

Ingredients

2 cans (15 oz) tomato sauce
1/2 green pepper, chopped
1 stalk celery, chopped finely
1/2 onion, chopped
Parsley to taste
1/8 teaspoon garlic powder
1 teaspoon basil
1 teaspoon oregano
1/2 teaspoon coriander
1/2 teaspoon cumin
1/2 teaspoon chili powder

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1. Puree vegetables and spices with 1 can tomato sauce in blender. Pour into pan and add second can of tomato sauce. Simmer for 10-15 minutes.

Enchiladas:

1. Preheat oven to 350 degrees F. Sauté onion, pepper, celery and parsley in oil.
2. Add vegetables and cook, covered until tender. Add cornmeal, seasonings, and beans.
3. Fill tortillas with generous 1/3 cup vegetable mixture and roll to form enchilada. Place enchiladas in single layer in baking pan.
4. Cover with sauce. Top with cheese.
5. Heat in oven for 20-30 minutes.

Zesty Chicken and Pasta

Description

Use this healthy chicken recipe to add some tangy zesty flavor to your healthy cooking routine. Tart limes and tequila give this healthy chicken recipe a distinct kick that matches well with pasta.

Serves: 6

Cooking Time: 12 min

Ingredients

- 1/4 cup tequila
- 1/4 cup low sugar frozen limeade, thawed
- 1 tablespoon lime peel, grated
- 1 1/2 pounds skinless boneless chicken breast halves, cut into strips
- 1 small orange or yellow bell pepper, cut into 1/4-inch strips
- 1 1/2 cups sliced mushrooms, 4 ounces
- 1 clove garlic, finely chopped
- 1 16-ounce package uncooked low fat spinach fettuccine
- 1/2 cup reduced fat Parmesan cheese, grated

Instructions

1. Mix tequila, limeade and lime peel in medium glass or plastic bowl. Stir in chicken. Cover and refrigerate 30 minutes.
2. Place chicken and marinade in 12-inch skillet. Stir in bell pepper, mushrooms and garlic. Cook over medium-high heat 10 to 12 minutes, stirring occasionally, until chicken is no longer pink in center.
3. Cook and drain fettuccine as directed on package. Divide fettuccine among 6 serving plates.
4. Spoon chicken mixture over fettuccine. Sprinkle with cheese. Garnish with additional grated lime peel if desired.

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