



United States Department of Agriculture

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# **MyPlate** **KITCHEN**

## **Cinco de Mayo**

# A Simple Mexican Salad

Make: 4 servings

## Ingredients:

2 cucumbers  
2 oranges  
1 lemon or lime (the juice)  
1/2 teaspoon chili powder  
1/2 teaspoon salt

## Directions:

1. Wash hands with soap and water.
2. Wash the cucumbers, oranges and lemon or lime under cold running water.
3. Slice the cucumbers. Peel and cut the oranges into small pieces.
4. Place cucumber slices and orange pieces in a medium size bowl. Add chili powder, lemon or lime juice and salt.

# Chicken Pozole Soup

Make: 6 servings

## Ingredients:

1 chicken (whole, skinned and cut into pieces)  
8 cups water  
1/2 cup onion (chopped)  
1/4 teaspoon pepper  
4 tablespoons chili powder  
1 can tomato sauce (8 ounce)  
1/2 teaspoon oregano (dried)  
2 cups canned hominy, white or yellow (2 - 15 ounce can, rinsed and drained)  
3 cups iceberg lettuce (shredded)  
6 lime wedges

## Directions:

1. Wash hands with soap and water.
2. Put chicken pieces in a large pot and cover with the 8 cups of water. Simmer over medium heat for 1 hour.
3. Add the chopped onion, pepper, chili powder, tomato sauce, and oregano to simmering chicken.
4. After the chicken is thoroughly cooked take the pieces out of the pot and remove most of the bones from the chicken and the pot.
5. Return chicken to the pot.
6. Add the rinsed hominy to the pot of chicken and simmer for another 45 minutes.
7. Serve with lettuce and a wedge of lime.

# Classic Honey Flan

Make: 4 servings

## Ingredients:

1 egg (large, whole)  
1/2 cup egg substitute  
vegetable oil spray (non-stick)  
1 1/2 cups milk (fat-free)  
1/4 tablespoon honey  
1 teaspoon vanilla  
1/2 teaspoon lemon zest (grated)  
1/2 teaspoon cinnamon (ground)

## Directions:

1. Wash hands with soap and water.
2. Preheat oven to 325 F.
3. Place saucepan with water on stove over medium-high heat and allow to come to a boil.
4. Spray four ovenproof custard cups with vegetable oil spray.
5. Combine the whole egg, egg substitute, milk, 1/4 cup plus 1 tablespoon of honey, grated lemon zest, and vanilla. Beat until mixed but not foamy.
6. In a separate bowl, combine 2 tablespoons of honey and cinnamon, and mix to blend.
7. Place the custard cups in a baking dish large enough to accommodate them, plus the water bath. Spoon 1/2 tablespoon of honey and cinnamon into each custard cup. Divide the egg mixture equally into each custard cup.
8. Place the baking dish on the rack in the middle of the oven and pour the boiling water into the baking dish to a depth of 1 inch, taking care not to let the water splash the flan. Bake for 45 minutes or until the knife blade comes out clean when inserted.
9. Serve warm or cold. Before serving, loosen the edges with a knife or spatula and invert onto individual dessert plates.

# Corn Tortillas

Make: 12 servings

## Ingredients:

2 cups masa harina (instant)  
1/4 teaspoon salt  
2 tablespoons unsalted butter (at room temperature)  
1 1/2 cups water (warm)

## Directions:

1. Wash hands with soap and water.
2. Measure the masa harina and salt into a large bowl. Cut the butter into tablespoon-sized pieces and work it into the dry ingredients using the back of a wooden spoon. Add the water and mix with a wooden spoon or with your hands until a soft dough forms. Cover the dough with a clean cloth and let rest for 5 minutes.
3. Divide the dough into 12 pieces and roll each piece into a ball.
4. To keep the dough from sticking to the tortilla press, put a piece of plastic wrap (or a plastic bag) on the bottom surface of the press. Put a ball of dough in the center of the plastic. Then place another piece of plastic wrap on the top of the dough. Press the dough flat in the press.
5. Pick up the tortilla with the plastic on both sides. Peel off one piece of plastic (which can be reused). Flip the tortilla off of the plastic onto a hot griddle. Cook for 1 to 2 minutes, until the bottom of the tortilla becomes golden. Flip the tortilla and press lightly with a spatula, which will make the tortilla puff slightly. Cook for one to two minutes more, until the tortilla appears to be done.

# Fish Tacos

Make: 4 Servings

## Ingredients:

- 1 red onion, chopped
- 1/2 cup cilantro, chopped
- 1 cup packaged coleslaw mix
- 4 4-ounce tilapia fillets (or any white fish)
- 8 small corn tortillas
- 1 teaspoon chili powder (more or less to taste)

## Directions:

1. Wash hands with soap and water.
2. Clean and chop onion, cilantro, and cabbage. Mix in a bowl and set aside.
3. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan.
4. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it "flakes" or pulls apart easily when separated with a fork.
5. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.
6. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.

# Flour Tortillas

Make: 10 servings

## Ingredients:

2 cups flour (all-purpose, or 1 1/2 cup all purpose flour and 1/2 cup whole wheat flour)  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 tablespoons vegetable oil (or shortening)  
1/2 cup water (warm, 105-110 degrees F)

## Directions:

1. Wash hands with soap and water.
2. In a large bowl, combine flour, baking powder, and salt.
3. Add oil and mix until crumbly.
4. Start with 1/2 cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball.
5. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.
6. Divide into 10 balls. Roll each piece into an 8 inch circle.
7. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned.

# Hearty Mexican Soup

Make: 4 Servings

## Ingredients:

1 onion (small, chopped)  
4 cloves garlic (minced)  
1 can tomatoes, diced (14.5-oz can, low sodium, drained and rinsed)  
2 cans black beans (15-oz can, low sodium, drained and rinsed)  
2 potatoes (large, peeled and diced)  
4 cups water  
1/2 cup cilantro (fresh, chopped)  
1/2 lime (squeezed)  
1/8 teaspoon cumin powder (a pinch)

## Directions:

1. Wash hands with soap and water.
2. In a large pot cook onion, garlic and tomatoes on medium-high heat for 3 minutes. Stir often.
3. Add beans, potatoes and water. Bring to a boil, then reduce to low-medium heat. Cover and continue to cook slowly for 20 minutes.
4. Add cilantro, cumin and lime. Stir and continue to simmer for 10 minutes.
5. Serve warm; sprinkle cilantro on top.



# Horchata

Make: 5 Servings

## Ingredients:

1 cup white rice, long-grain uncooked  
5 cups water  
1/2 cup milk, 1%  
1/2 tablespoon vanilla extract  
1/2 tablespoon ground cinnamon  
2/3 cup sugar

## Directions:

1. Wash hands with soap and water.
2. Pour the rice and water into the bowl of a blender; blend until the rice just begins to break up, about one minute. Let rice and water stand at room temperature for about three hours.
3. Strain the rice water into a pitcher and discard the rice. Stir the milk, vanilla, cinnamon, and sugar into the rice water.
4. Chill and stir before serving over ice.

# Migas "Crumbs"

Make: 4 servings

## Ingredients:

4 tortillas (large)  
3 tablespoons canola oil  
1/4 cup bell pepper  
1/4 cup onion  
4 egg (lightly beaten)  
4 tablespoons cheddar cheese, low-fat (grated)

## Directions:

1. Wash hands and cooking area.
2. Tear tortillas into small pieces.
3. Heat oil in a medium-sized pan.
4. Add tortillas and stir until pieces begin to brown.
5. Add peppers and onion; sauté until soft.
6. Add eggs; stir until the eggs are cooked.
7. Remove from heat and sprinkle on the grated cheese.
8. Cover the pan and let cheese melt.
9. Serve immediately.