

The NMSD Monthly Morsel Nutrition Newsletter

11/9-11/14

Traditional Mexican Molletes

Ingredients

4 bolillo rolls, or French bread-cut 2 inches thick
3 tbsp butter or margarine, room temp
16 ounces, (or 2 cups) of refried beans
1 c reduced-fat cheddar cheese or Mexican blend, or Oaxaca.

2 c Pico de Gallo or your favorite salsa for serving

Preparation

Preheat oven to 400. Using a non-stick baking sheet or a lined sheet; slice bolillo in half, or if using French bread, arrange in pairs on the baking sheet. Remove about 1/2 of the filling on both sides of the bolillo or from French bread. Spread softened butter or margarine over the bread. Spread about 1/8 of a cup of refried beans over the bread-be sure not to over load the centers or they won't cook properly. Top with cheese, and place into the oven for 10-15 minutes, or until cheese is gooey and bubbly. Top with Pico or salsa, enjoy as breakfast, snack or dinner!



Easy as Pie Applesauce

Ingredients

4 apples, peeled, cored and chopped
3/4 c water
1/4 c white or brown sugar
1/2 tsp cinnamon
1/4 tsp nutmeg, if desired

Preparation

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher, or throw in the blender. Chill before serving.

PRO TIP: No sour cream? Sub some plain yogurt or Greek unflavored yogurt.

Bavarian Kholrabi Soup- *Kholrabi is a cousin to cabbage, so just sub green cabbage if no kohlrabi to be found.*

Ingredients

3 large kohlrabi bulbs, peeled and grated or 1 large head green cabbage, shredded
1 small head white cabbage, shredded
4 carrots, small dice or 2 c shredded carrot
4 red bell peppers, thinly sliced
2 green bell peppers, thinly sliced
2 cans of French cut green beans
1/2 bunch fresh parsley for garnish
4 c chicken broth, or enough liquid to cover all ingredients

1 tsp white sugar
1 pinch Hungarian paprika
Salt and ground black pepper to taste
1/4 c sour cream for garnish
1 tbsp prepared horseradish or to taste

Preparation

Combine kohlrabi, cabbage, carrots, red bell peppers, green bell peppers, green beans, and parsley in a stockpot. Pour enough chicken broth over the vegetables to cover; bring to a simmer over medium heat and cook until vegetables are tender, about 20 minutes. Season with sugar, paprika, salt, and black pepper. Top with sour cream and horseradish, if desired.



Easy Chicken Posole

Ingredients

2 1/2 lbs. boneless skinless chicken breast
2 tbsp vegetable oil, divided
1 onion, chopped
3 tbsp minced garlic
2 1/2 qts chicken broth (24 ounces)
3 c water
1 tsp dried oregano
2 tsp salt
4 tbsp chile powder or to taste
3 c white hominy, rinsed and drained
10 tostada shells
1 bunch radish, washed, dried and sliced thinly for garnish

Preparation

Heat 2 tablespoons canola oil in a deep skillet over medium-high heat. Add chicken breasts, and cook until no longer pink and juices run clear, about 20 minutes. Remove from skillet, drain, and cool. When completely cooled, shred chicken with a fork. Heat remaining 2 tablespoons canola oil in the same skillet over medium-high heat. Cook and stir onion and garlic until soft and transparent, about 5 minutes. Return shredded chicken to the skillet. Stir in the chicken broth, water, oregano, salt, and chili powder. Reduce heat to low, cover, and cook about 90 minutes. Stir in the hominy and cook until tender, about 15 minutes more. Taste to adjust seasonings, adding more salt and chili powder, if desired. Serve in soup bowls with 1 tostada shell per serving. Garnish as desired.

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