



The NMSD Monthly Morsel Nutritional Newsletter

1/11/2021-1/15/2021

Orange Soy Milk Frappes

Ingredients

- ½ c vanilla soy milk
- ½ c orange tangerine juice
- blend
- 5 ice cubes
- 2 tsp honey
- Pinch of salt

Preparation

In a blender, combine all ingredients; cover and process for 30-45 seconds or until smooth. Pour into chilled glasses; serve immediately.



15-Minute Chicken-Salsa Tostadas

Ingredients

- 2 c chopped chicken, cold
- 1 c favorite salsa
- 6 tostada shells
- 1 ½ c shredded melting cheese
- 1 ½ c refried beans
- ½ lime, juiced
- 2 ripe avocados, sliced in the rind, deseeded
- 1 c shredded lettuce or cabbage
- ½ c dice tomato

Sour cream, if desired

Red Hot Brand Hot Sauce or Tapatio Brand Hot Sauce

Preparation

In a medium sized pot over low heat, slowly heat refried beans with lime juice, until 165 degrees. On a prepared baking sheet, line up your tostada shells. Spread about ¼ c each of refried beans per shell (make sure not to overload your tostada or it will just turn into a taco!) In a small bowl, mix together the diced chicken, with the salsa and cheese. Top refried beans with this mixture, then into a 400-degree oven for 7- 10 minutes, or until the chicken and cheese is thoroughly heated and bubbling. Top with shredded lettuce, dice tomato, avocado slices, and sour cream. Liberally apply hot sauce of choice, or none at all! Enjoy!



This institution is an equal opportunity provider.

Hominy Tortillas

Ingredients

- 1 ½ cups hominy (canned, most of a 29-ounce can, drained)
- 1 ½ cups masa harina
- ¼ teaspoon salt
- 1 cup water (hot, tap)

Preparation

Puree the hominy in a blender or food processor. Put in large bowl with the remaining ingredients and mix until the dough forms a soft ball. Divide into 16 balls. Heat a cast iron griddle or skillet over medium-high heat. Spray two pieces of plastic wrap with non-stick spray. Put dough balls one at a time between two pieces of plastic wrap and either roll with rolling pin or press with tortilla press into a 6- to 7- inch circle approximately 1/16- to 1/8- inch thick. Peel off plastic and transfer to griddle. Cook for 30 seconds then flip and cook for another 30 seconds. Then flip back to the first side and cook for another 30 seconds until the tortilla puffs slightly.



Chicken and Hominy Soup with

Lime and Cilantro

Ingredients

- 1 tbsp canola oil
- 1 tsp paprika
- One-49.5 fluid ounce can of chicken broth
- One-29 ounce can hominy, undrained
- 4 c cooked chopped chicken
- One-14.5 ounce can dice tomatoes in juice
- 2 c water
- 6 green onion, sliced
- 1 lime, juiced or to taste
- 1 dash hot sauce, or to taste
- 1 c fresh chopped cilantro

Preparation

Heat oil in a large pot over medium heat; stir cumin and paprika into hot oil until fragrant, about 1 minute. Add broth, hominy, chicken, diced tomatoes and juice, water, green onions, lime juice, and hot sauce to seasoned oil; bring to a boil. Reduce heat and simmer until flavors have blended, about 15 minutes. Garnish soup with cilantro just before serving.

PRO TIP: Did you forget to put the lid on that cookie jar, and you now have stale cookies? Simply place a piece of nice fresh bread or even tortilla in the cookie jar to bring those hardened cookies back to life.

Cabbage "Rolls" Casserole

Ingredients

- 2 lbs. ground beef
- 1 c chopped onion
- 1 lg can tomato sauce
- 3 ½ lbs. chopped cabbage
- 1 c uncooked white rice
- 1 tbsp vegetable oil
- 1 tsp salt

Two-14-ounce cans beef broth

Preparation

Preheat oven to 350. Grease a 13"x9" baking dish. In a large skillet, cook ground beef until browned, and fully cooked. Drain and set aside. In another skillet, heat 1 tbsp vegetable oil and add rice; stir and brown until golden. In a bowl, mix together ground beef, sautéed rice, cabbage, salt and onion. Add beef broth and tomato sauce; pour into prepared baking dish and cover with plastic wrap and foil wrap, one layer of each. Place into oven for 40-45 minutes- when removing plastic and foil, be very careful! Hot steam will vent. Do not stir until the broth has been fully absorbed by the rice and cabbage. Enjoy!

