

Baked BBQ Chicken Taquitos

Servings: 2

From

<http://www.sixsistersstuff.com/2013/02/baked-bbq-chicken-taquitos-recipe.html>

Ingredients

1 tsp olive oil

1/2 red onion, chopped

1 boneless skinless chicken breast, cooked and shredded

1/4 - 1/2 cup bbq sauce

1 Tbsp chopped cilantro

1/2 cup 2% shredded mozzarella cheese

4 flour tortillas

Nonstick cooking spray

Directions:

1) Preheat oven to 400 degrees.

2) In a large pan, warm olive oil over medium heat. Saute onion until soft, about 5-10 minutes. Add shredded chicken and BBQ sauce to pan and combine. Remove from heat and stir in cilantro and mozzarella cheese.

3) Spread chicken mixture evenly between 4 tortillas. Roll up and place seam side down on a greased cookie sheet. Spray the tops of taquitos with nonstick cooking spray. Cook for 15 minutes, or until golden brown.

Guacamole Salad

Servings: 2

From <http://www.donalskehan.com/2011/06/deconstructed-guacamole-salad/>

Ingredients

1 ripe avocado, cut in thick slices

1/2 red onion, sliced in half moons

8 grape tomatoes, halved

1/4 tsp salt

1/4 tsp pepper

1-2 Tbsp cilantro

Dressing:

Juice and zest of 1 lime

1/2 tsp hot sauce

1 1/2 Tbsp extra virgin olive oil

Preparation

- 1) Whisk together the ingredients for the dressing in a bowl and set aside.
- 2) Assemble the ingredients for the salad on a serving platter, start with the slices of avocado then top with the red onion slices and then the grape tomatoes. Sprinkle with cilantro.
- 3) Drizzle over the dressing and then season with sea salt and a good grinding of black pepper. Serve straight away.