

Chipotle Chicken Salad Tacos

From Rick Bayless's "Mexico One Plate at a Time"

TOTAL TIME: 40 minutes

Demo by Rick Jerz

This is a fun and quick meal that everyone should enjoy

Ingredients

4 servings (Rick *doubled* the recipe for demo)

		Cost (as prepared)
2	Tablespoons balsamic vinegar	\$.50, Trader Joe's
1/3	Cup olive oil	\$ 2.00, Costco
2	Canned chipotle chiles en adobo, finely chopped	\$ 2.00, Whole foods or anywhere
1/2	Sm. head Napa cabbage, thinly sliced (2 1/2 cups)	\$ 1.00, Whole Foods
1	Large carrot, peeled and chopped into 1/4 -in pieces	\$.50, Whole Foods
1	Sm. Red onion, thinly sliced	\$ 1.50, Whole Foods
1/4	Cup chopped fresh cilantro	\$ 1.00 Whole Foods
1 1/2	Cups coarsely shredded cooked chicken	\$ 7.00 Whole Foods
1	large ripe avocado, peeled, pitted and cut into 1/2-inch cubes	\$ 1.00, Costco
1/3	cup coarsely grated Mexican queso añejo or other dry grating cheese, such as Romano or Parmesan	\$ 3.00 Whole Foods
	12 to 16 warm, fresh com tortillas	\$ 5.00, Whole Foods
	Total Cost, as prepared	~ \$25 for 4, about \$7.00 per serving

1. Whisk together the vinegar, olive oil and chipotles, season with salt.
2. Add veggies
3. Boil and shred chicken and add.

Boiling Chicken

- Place chicken breasts in a large pot.
- Cover the chicken with water or broth, ensuring it's a few inches above the chicken.
- Bring the liquid to a boil over high heat.
- Once boiling, reduce heat to a simmer and cover the pot.
- For boneless, skinless breasts, cook for about 10-15 minutes, or until the internal temperature reaches 165°F.

Supplies for Cooking

Boiling pot, knife, cutting board, measuring cup, 1 T measuring spoon, can opener, colander, measuring cup, cheese grater, bowl.

Wine

Just about any red wine works with this meal.

Demo Wine: Bordeaux



Rick's Food and Recipes Web Page

Original Recipe

Rigatoni With Vodka-Tomato Sauce

By lazyme on September 04, 2007

1 Reviews

Food

Prep Time: 25 mins **Total Time:** 25 mins **Servings:** 2

About This Recipe

"This is a family favorite from Bon Appetit."

Ingredients

- 2 tablespoons olive oil
- 1 cup shallot, finely chopped
- 1/4 teaspoon crushed red pepper flakes
- 1/2 cup vodka
- 3/4 cup whipping cream
- 3/4 cup tomato sauce
- 8 ounces rigatoni pasta
- 4 ounces prosciutto, chopped
- 2/3 cup asiago cheese (about 2 ounces)
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh basil, chopped

Directions

1. Heat oil in heavy large skillet over medium heat.
2. Add shallots and crushed red pepper.
3. Saute until shallots are translucent, about 5 minutes.
4. Add vodka and ignite with long match.
5. Simmer until flames subside, shaking pan occasionally, about 2 minutes.
6. Increase heat to high, add cream and boil until mixture thickens, about 3 minutes.
7. Add tomato sauce; boil until sauce thickens and coats back of spoon, about 2 minutes.
8. (Can be made 1 day ahead; chill).
9. Cook pasta in pot of boiling water until tender but still firm to bite.
10. Drain; reserve 1/4 cup cooking liquid.
11. Bring sauce to simmer.
12. Add pasta, prosciutto, 1/3 cup cheese, parsley, and basil to skillet and toss to coat.
13. Add reserved pasta cooking liquid if mixture is too dry.
14. Season to taste with pepper.