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What's New

We are excited to start participating in some nearby farmers markets! We will be featuring individual bread pudding in a variety of flavors such as cranberry banana, lemon blueberry, coconut pineapple, chocolate chip and

salted caramel. Check our website often to find out where we will be starting in June!

Mexican Chopped Salad

The heat is upon us!
Try out this cool,
refreshing summer
salad.

Ingredients for the dressing:

¼ cup fresh lime juice

2 tablespoons honey

½ teaspoon cumin

1 clove garlic finely minced

½ teaspoon salt

2 tablespoons canola oil

2 tablespoons extra virgin olive oil

freshly ground black pepper

taste and add salt if needed

Ingredients for the tortilla strips:

6 6- inch corn tortillas

1 ½ tablespoons canola oil

½ teaspoon sea salt

Ingredients for the salad:

1 medium head romaine lettuce

chopped in approximately 1/2 inch pieces

1 medium bell pepper diced in 1/4-inch pieces, any color

½ medium red onion diced in 1/4-inch pieces

½ medium jicama peeled and diced in 1/4-inch pieces

1 medium zucchini diced in 1/4-inch dice

4 medium tomatoes seeded and diced into 1/4-inch dice

4 ears corn if fresh corn is not in season, substitute 1 1/2 cups of sweet, tiny frozen corn

1 1/2 cups canned black beans drained and rinsed

1/2 cup finely chopped cilantro plus whole cilantro leaves for garnish, if desired

Instructions

For the dressing, combine lime juice, honey, cumin garlic and salt.

In a slow, steady stream, add the oils, stirring continuously with a fork or small whisk.

Taste and add more salt and pepper, if needed. Set aside.



For the corn tortilla strips, preheat oven to 400°F.

Stack corn tortillas on a cutting board. Cut in half. Cut each stack of halves into thin strips, widthwise, about 1/4-inch thick.

Transfer tortilla strips to a sheet pan. Drizzle with oil. Sprinkle with salt and toss to coat.

Bake for 15-20 minutes, stirring every 5 minutes, or until light golden brown and crisp. Set aside to cool.

For the salad, place corn, two ears at a time, in the microwave and cook for 3 1/2 minutes.

Remove from microwave with a hot pad and allow to cool for 5 minutes.

After cooling, cut bottom end of corn off, about 1 1/2 inches from end. Pull back husk and silks (almost all of the silk should easily pull away). Cut kernels from husks and set aside.

Combine corn and other salad ingredients in a large bowl. Stir to combine. Add dressing and stir to coat all ingredients. Garnish with cilantro leaves, if desired. Serve with tortilla strips on top or place a bowl on the side and let guests help themselves.

RESOURCE: <https://thecafesucrefarine.com/mexican-chopped-salad/>



June Food Holidays

June 1: National Hazelnut Cake Day
June 2: National Rotisserie Chicken Day
June 3: National Egg Day
June 4: National Cheese Day

June 5: National

Ketchup Day

June 6: National Gingerbread Day

June 7: National Chocolate Ice Cream Day

June 8: National Jelly-Filled Doughnut Day

June 9: National Strawberry-Rhubarb Pie Day

June 10: National Iced Tea Day

June 11: National German Chocolate Cake Day

June 12: International Falafel Day

June 13: Cupcake Lover's Day

June 14: National Strawberry Shortcake Day
June 15: Lobster Day
June 16: National Fudge Day
June 17: National Apple Strudel Day
June 18: International Picnic Day
June 19: National Martini Day
June 20: National Vanilla Milkshake Day
June 21: National Peaches & Cream Day
June 22: National Onion Ring Day
June 23: National Pecan Sandy Day
June 24: National Pralines Day
June 25: National Catfish Day
June 26: National Chocolate Pudding Day
June 27: National Orange Blossom Day
June 28: National Tapioca Day
June 29: National Almond Buttercrunch Day
June 30: National Mai Tai Day

RESOURCE: <https://foodimentary.com/june-holidays/>

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Eji's Culinary**



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