ZESTY, SOUTHWESTERN FOOD
Spicy, smoky, and zesty are just a few of the exciting flavours that you will experience while exploring the world of Tex Mex food. Tex Mex is a fusion of Mexican and American cuisines that first brought us foods like nachos, the hard taco, and fajitas. Discover our collection of flavour-packed twists on Tex Mex cuisine.

**table of contents**

- **PAGE 3 >** how to buy, cook & store lentils
- **PAGE 4 >** chilaquiles – 3 ways
- **PAGE 6 >** tex mex dinner table
- **PAGE 8 >** lentil fajita bowl
- **PAGE 9 >** huevos rancheros
- **PAGE 10 >** recipe details from pages 4-7

for more recipes, tips, tricks & videos, visit lentils.org or find us on social media

**buying lentils**

Lentils are readily available in most grocery stores (chains and private), health food stores, farmers’ markets, and stores that provide the opportunity to purchase products in bulk.

The most commonly found lentils in grocery stores are split red lentils and whole green lentils – often these can be found near the rice or soup mixes, or ethnic flavours aisle of your local grocery stores.

**canned lentils**

Canned lentils are a convenient time saving option - they are pre-cooked and ready to use. Thoroughly drain and rinse canned lentils to reduce sodium content before use.

14oz \[\text{EQUALS} \] 1 \(\frac{1}{4}\) CUPS COOKED

19oz \[\text{EQUALS} \] 2 CUPS COOKED

**cooking lentils**

- Lentils do not require soaking like other pulses, such as beans, peas, and chickpeas.
- Rinse your lentils with fresh water before boiling to remove any dust or debris.
- Cook on a stovetop, using 3 cups of liquid (water, stock, etc) to 1 cup of dry lentils.
- Bring to a boil, cover tightly, reduce heat and simmer until they are tender.
- Cooked lentils can be refrigerated for up to one week, or frozen for up to three months.

RINSE SIMMER SERVE

15-20 MINS whole lentils cook time

5-7 MINS split lentils cook time

**lentil storage**

Packaged lentils (dry or canned) keep easily on your cupboard shelf or pantry in a dry, dark, cool location for up to one year. If you are purchasing your lentils in bulk or have open packages, transfer them to an airtight container to take advantage of the one-year shelf life. After one year, cooking time may increase.
Chilaquiles are a traditional Mexican dish of fried corn tortillas simmered in a flavourful sauce, like salsa or mole. They are typically topped with cheese and other accompaniments.

Try chilaquiles the next time you crave nachos for a fun twist on the classic.

3 WAYS

traditional chilaquiles // Recipe on Page 10
breakfast chilaquiles // Recipe on Page 10
chorizo chilaquiles // Recipe on Page 10

Chilaquiles are a traditional Mexican dish of fried corn tortillas simmered in a flavourful sauce, like salsa or mole. They are typically topped with cheese and other accompaniments. Try chilaquiles the next time you crave nachos for a fun twist on the classic.
Tex Mex is a fusion of Mexican and American cuisines and a favourite for family members of all ages. Use these recipes as inspiration to host a themed dinner party full of simple and delicious recipes. Have fun using different toppings and fillings to make these dishes your own.
lentil fajita bowl

6 SERVINGS | 20 MINS PREP | 40 MINS TOTAL

INGREDIENTS
1 cup (250 mL) green lentils
1 cup (250 mL) brown rice
4 cups (1 L) water
1 lb (500 g) ground turkey
1 1/2 Tbsp (20 mL) chili powder
1 1/2 tsp (7 mL) cumin
3/4 tsp (4 mL) salt, divided
1/2 tsp (2 mL) pepper
1 Tbsp (15 mL) canola oil
1 red bell pepper, cut into 1/2 inch strips
1 large onion, cut into 1/2 inch thick wedges

TOPPINGS
salsa, sour cream, avocado, cilantro, lime wedges

ASSEMBLY
1. Combine lentils, rice, and water in a large saucepan. Bring to a boil, reduce heat, cover and simmer for 20 minutes or until lentils are just tender. Remove from heat and let stand, covered, for 5 minutes.
2. Meanwhile, heat a 12-inch (30 cm) non-stick pan or skillet over medium-high heat. Cook turkey until browned. Add chili powder, cumin, 1/2 tsp (2 mL) salt, and pepper. Stir turkey mixture into the lentil mixture in the saucepan. Cover to keep warm.
3. Add oil to the skillet and warm. Cook peppers and onions for 8 minutes or until beginning to brown on the edges, stirring occasionally. Sprinkle with remaining 1/4 tsp (1 mL) salt.
4. Divide the lentil/turkey mixture among bowls and top with equal amounts of the pepper mixture, salsa, sour cream, avocado, cilantro, lime wedges.

SERVING SIZE
2 1/4 cups (550 mL)

NUTRITIONAL ANALYSIS
Calories 560, Total Fat 23 g, Saturated Fat 4 g, Cholesterol 50 mg, Carbohydrates 61 g, Fibre 11 g, Sugar 5 g, Protein 30 g, Potassium 763 mg, Sodium 700 mg, Folate 79 mcg

huevos rancheros
BY: RENEE KOHLMAN

6 SERVINGS | 15 MINS PREP | 25 MINS TOTAL

INGREDIENTS
1 Tbsp (15 mL) canola oil
1/2 cup (125 mL) diced red onion
2 garlic cloves, minced
1 tsp (5 mL) chili powder
1/2 tsp (2 mL) cumin
2 cups (500 mL) cooked green lentils
1/2 cup (125 mL) salsa verde
1 lime, juiced, divided
to taste salt and pepper
1 cup (250 mL) salsa verde
d 4 corn tortillas
d 6 eggs
garnishes
crumbled Feta cheese, sliced radish, sliced avocado, chopped cilantro, hot sauce

ASSEMBLY
1. Heat oil in a medium saucepan over medium heat. Add onion and cook for a few minutes until translucent. Stir in garlic, chili powder, and 1 tsp (5 mL) cumin and cook for another minute. Stir in lentils and 1/2 cup (60 mL) water. Cover with a lid, reducing heat to medium-low. Cook for 10 minutes, stirring often, until the pan gets dry, add a splash or two of water. Remove from heat and stir in tosc to keep warm and flavors melded. Season with salt and pepper.
2. In a small saucepan, stir together salsa verde and remaining cumin, lime juice, and cumin. Heat over low heat just until warmed through. Do not boil.
3. Warm tortillas in a large skillet.
4. Cook eggs your preferred way.
5. Assemble the huevos rancheros: On each plate, top tortilla with spiced lentils, salsa verde, and an egg. Garnish with Feta, radishes, avocado, cilantro, and hot sauce. Serve immediately.

SERVING SIZE
3/4 cup (175 mL)

NUTRITIONAL ANALYSIS
Calories 190, Total Fat 4 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 30 g, Fibre 6 g, Sugar 5 g, Protein 7 g, Potassium 366 mg, Sodium 510 mg, Folate 123 mcg

RENÉE KOHLMAN HAS BEEN COOKING AND BAKING PROFESSIONALLY FOR 20 YEARS. SHE IS A PART-TIME PASTRY CHEF, FOOD WRITER, AND RECIPE DEVELOPER LIVING IN SASKATOON, SASKATOON.

RENÉE PUBLISHED HER DEBUT COOKBOOK ALL THE SWEET THINGS (TOUCHWOOD EDITIONS) IN APRIL OF 2017. @SWEETSUGARBEAN
chilaquiles

**INGREDIENTS**

- 6 cups (1.5 L) tortilla chips, homemade or packaged
- 1 cup (250 mL) topping + 1 cup (250 mL) chips
- 2 Tbsp (30 mL) canola oil, divided
- 1 Tbsp (15 mL) canola oil
- 3 cups (750 mL) low-sodium chicken broth
- 1 Tbsp (15 mL) chili powder
- 2 tsp (10 mL) cumin, divided
- 4 eggs
- 1/4 cup (60 mL) chopped cilantro
- 1/2 cup (125 mL) crumbled Feta cheese
- 1/2 cup (125 mL) sliced red onion
- 1/2 cup (125 mL) 1 lime, cut into wedges

**ASSEMBLY**

1. In a large saucepan over medium-high heat, warm the oil. When it is hot, crumble the chilaquiles and cooking, breaking up with the back of a spoon until there is no pink left. If you like, cook longer for a crispy texture. Remove meat from the sauce and drain on a paper towel-lined baking sheet and keep warm with remaining oil and chilaquiles.

2. In a large bowl, combine chicken with 3 cups (750 mL) chicken broth. Bring to a boil, reduce heat, and cover to keep warm.

3. Add onions and cook for 4 minutes or until just brown on edges, stirring occasionally.

4. Add broth, tomato, onion, garlic, remaining 1 Tbsp (15 mL) oil, and salt. Stir in water, tomato sauce, lentils, and rice. Bring to a boil, reduce heat, and cover to keep warm. Serve topped with dollops of sour cream.

**NUTRITIONAL ANALYSIS**

- Calories 80, Total Fat 3 g,
- Sodium 690 mg, Folate 173 mcg
- Protein 16 g, Potassium 505 mg
- Carbohydrates 35 g

**ASSEMBLY**

1. In a 12-inch (30 cm) non-stick pan or skillet, heat 1 Tbsp (15 mL) of oil over medium-high heat. Cook the peppers for 4 minutes or until beginning to brown on the edges, stirring occasionally.

2. Stir in tomato, water, salsa, lentils, and rice. Bring to a boil, reduce heat, and cover to keep warm. Stir and simmer for 20 minutes or until water is absorbed. Remove from heat and serve.

3. Stir in garlic, remaining 1 Tbsp (15 mL) of oil, and salt. Serve topped with dollops of sour cream, green onions, and cilantro.

**TIPS + TRICKS**

- For poblano peppers range from mild to medium heat, with most of the heat coming from the seeds and ribs. The seeds are mild, and the heat is found in the ribs. Poblano peppers are mild to medium heat, with most of the heat coming from the seeds and ribs. The seeds are mild, and the heat is found in the ribs.

- Chicken & Lentil Enchiladas

**INGREDIENTS**

- 1 1/2 cups (375 mL) cooked or shredded chicken
- 3/4 cup (175 mL) light sour cream
- 2 cups (500 mL) salsa
- 1 Tbsp (15 mL) chili powder
- 1 tsp (5 mL) salt

**ASSEMBLY**

1. In a large bowl, combine chicken with 3 cups (750 mL) chicken broth. Bring to a boil, reduce heat, and cover to keep warm.

2. Add eggs and cook for 4 minutes or until just brown on edges, stirring occasionally.

3. Add broth, tomato, onion, garlic, remaining 1 Tbsp (15 mL) oil, and salt. Stir in water, tomato sauce, lentils, and rice. Bring to a boil, reduce heat, and cover to keep warm. Serve topped with dollops of sour cream.

4. Divide among bowls and stir with cilantro.

**NUTRITIONAL ANALYSIS**

- Calories 610, Total Fat 42 g,
- Sodium 580 mg, Folate 74 mcg
- Protein 22 g, Potassium 460 mg
- Carbohydrates 37 g

**ASSEMBLY**

1. In a large saucepan over medium-high heat, cook pork for 5 minutes or until beginning to brown on the edges, stirring occasionally.

2. Add onion to the skillet and sauté until translucent. Remove onions from the pan and place into a small bowl to keep warm.

3. Stir in garlic, remaining 1 Tbsp (15 mL) of oil, and salt. Serve topped with dollops of sour cream, green onions, and cilantro.

**TIPS + TRICKS**

- For poblano peppers range from mild to medium heat, with most of the heat coming from the seeds and ribs. The seeds are mild, and the heat is found in the ribs.

-For poblano peppers range from mild to medium heat, with most of the heat coming from the seeds and ribs. The seeds are mild, and the heat is found in the ribs.

-For poblano peppers range from mild to medium heat, with most of the heat coming from the seeds and ribs. The seeds are mild, and the heat is found in the ribs.

-For poblano peppers range from mild to medium heat, with most of the heat coming from the seeds and ribs. The seeds are mild, and the heat is found in the ribs.

-For poblano peppers range from mild to medium heat, with most of the heat coming from the seeds and ribs. The seeds are mild, and the heat is found in the ribs.