

LaRue County High School

Hungry Hawk Tacos

Serves: 6-8

Ingredients:

Hawk-O Seasoning:

¾ tsp	garlic powder
¾ tsp	onion powder
¾ tsp	dried oregano
¾ tsp	chili powder
¾ tsp	red pepper flakes
1¼ tsp	fresh cracked black pepper
1¼ tsp	paprika
2¼ tsp	ground cumin
1¼ Tbsp	NoSalt seasoning

Chicken taco:

3 lbs.	chicken thighs, boneless, skinless, and cubed
	Hawk-O Seasoning
	non-stick cooking spray

Chipotle sauce:

½ cup	Daisy light sour cream
2½ Tbsp	skim milk
2 Tbsp	chipotle sauce

Pico salsa:

1 cup	Roma tomato, chopped
1 cup	yellow onion, chopped
½ cup	cilantro, minced
1 Tbsp	lime, juiced
1	garlic clove, minced

Mexican corn elote bowl:

4 cups	corn on the cob, 6 ears shucked and washed
½ cup	queso fresco cheese, crumbled and divided
½ cup	cilantro, chopped
1/3 cup	mayonaise
3 Tbsp	light sour cream
1 Tbsp	lime, juiced
1 tsp	chili powder
½ tsp	NoSalt seasoning
½ tsp	paprika
	non-stick cooking spray

Instructions

Hawk-O Seasoning:

1. Mix all ingredients together.
2. Set aside.

Chicken taco:

1. Trim any fat or cartilage off the chicken thighs and discard it.
2. Cut chicken evenly into half-inch cubes and place into mixing bowl
3. Add Hawk-O Seasoning into bowl and mix thoroughly until the chicken is well covered. Cover and set aside.
4. Spray pan with non-stick cooking spray and heat skillet to medium high. Once hot, spread chicken evenly on the skillet, cover, and cook undisturbed for 5 minutes.
5. After 5 minutes, flip the chicken and cook for another 5 minutes.
6. Check the internal temperature of several pieces of the chicken also do a visual inspection. The internal temperature should be 165 degrees. If not, stir and continue cooking until the desired temperature is reached.
7. When chicken is thoroughly cooked, remove skillet from the heat.

Chipotle sauce:

1. Place sour cream, skim milk, and chipotle sauce into a bowl, and mix until well combined.
2. Cover and store in fridge until ready to use.

Pico Salsa:

1. Wash tomato, cilantro, and the lime. Wrap the cilantro in a paper towel to help dry the leaves off.
2. Dice tomato. Measure 1 cup and put into mixing bowl.
3. Finely dice the onion. Measure 1 cup and put into mixing bowl with tomato.
4. De-stem and roll the cilantro tight to make it easier to cut. Finely mince until there are no large pieces. Measure ½ cup and put into mixing bowl with tomato and onion. Feel free to add more if preferred.
5. Juice lime into separate small bowl. Measure 1 tsp and put into mixing bowl with the other ingredients.
6. Mince garlic. Measure 1 tsp and put into mixing bowl with the other ingredients.
7. Thoroughly mix all ingredients. Cover and store in the fridge until ready to use.

Mexican corn elote bowl

1. Bring large pot of water to a boil.
2. Boil corn for 10 minutes.
3. While the corn is boiling, gather all ingredients for elote sauce. In a bowl, stir together lime juice, chili powder, paprika, NoSalt seasoning, sour cream, mayonnaise, ¼ cup crumbled queso fresco, and ¼ cup cilantro. Cover and store in the fridge until ready to use.
4. After 10 minutes, check the corn for tenderness. If tender, remove from water and set the corn aside to cool slightly before removing the kernels.
5. Once cool enough to handle, cut the corn off the cob and put 4 cups into a large bowl. Spray a large skillet with non-stick cooking spray and heat skillet on medium high. Carefully spread the corn out evenly in the skillet and cook undisturbed for 5 minutes.
6. After 5 minutes, toss corn and continue to cook until the corn is lightly browned (4-5 minutes).
7. When the corn is slightly brown, turn the heat off and stir in the reserved elote sauce from step 3. Stir until well combined, then remove skillet from heat.

8. Place ½-cup portions into six bowls. Garnish each bowl with 2 tsp of the reserved cilantro and 2 tsp of the reserved queso fresco. Set bowls out for serving.

Nutritional Value: calories: 721, saturated fat: 8g, sodium: 1,193mg