

# Mexican Pasta Salad

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*Great to take on a picnic. This new recipe, a Mexican inspired pasta salad, has instantly become a family favorite.*

**8 ounces elbow macaroni or penne**  
**4-8 tablespoons olive oil**  
**½ red onion, diced small**  
**1 cup zucchini, diced small**  
**1 red pepper, diced small**  
**½ yellow pepper, diced small**  
**4 cloves garlic, minced**  
**¼ teaspoon crushed red peppers or Anaheim chilies, diced finely**  
*(optional)*  
**¼ cup cilantro**  
**1¼ teaspoon salt**  
**½ teaspoon freshly crushed black pepper**  
**a sprinkle of crushed red peppers for garnish**  
**5-6 cherry tomatoes, cut in half for garnish**

Cook the pasta according to package directions. Drain.

Add 2 tablespoons olive oil to a pan. Heat over medium to medium-high heat. Add onions, zucchini, and peppers. Sauté until peppers are lightly browned. The vegetables should remain fairly crisp. Add garlic, chili pepper, cilantro, salt, and pepper. Sauté for another minute. Add vegetables to the pasta and stir. Add another few tablespoons of olive oil. Toss and serve. Can be served hot or cold.

*Serves:* 6-8

## **TIP:**

*If you have the time, allow this salad to marinate for a few hours in the refrigerator before serving.*



# Ground Beef or Chicken Tacos & Tostadas

*A favorite amongst kids and adults alike. Tacos and tostadas are fun to eat, easy to make, and will surely leave your families smiling. Make a double recipe and save half to use for Taco Salad.*

- 1 tablespoon canola oil or more as needed
- 1 pound lean ground beef or 1 pound boneless chicken cut in ½-inch cubes, or ½ pound tofu, cut in ½-inch cubes
- ½ small onion, chopped
- 2 cloves garlic, minced
- 4 ½-5 ½ teaspoons Taco Seasoning (1 recipe) (below)
- 3 tablespoons water
- Refried Beans (*optional*) (p.158)
- 12-18 store-bought corn or flour taco or tostada shells, or make your own (p.54)

Heat a frying pan over medium-high heat. Add canola oil and heat. Add meat and onion. Stir until meat begins to brown. Add garlic and cook for another minute. Drain the grease from the pan. Add taco seasoning and water. Bring to a boil. Stir again. Reduce to a simmer for 5 minutes or until all the water is absorbed. Heat refried beans, if you choose to use them. Serve in warm taco shells (p.54), soft flour tortillas (p. 54), or flat tostada shells (p. 54) with accompaniments.

## ACCOMPANIMENTS:

Homemade Taco Sauce (p.146), shredded lettuce, chopped tomatoes, parve sour cream, and chopped white onions.

*Serves: 6*

## Homemade Taco Seasoning

*Even more delicious than from a package, and this one is preservative- and additive-free.*

- 2 teaspoons chili powder
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon sweet paprika
- ¼ teaspoon cumin
- 1 teaspoon dried minced onion
- ⅛ teaspoon cayenne powder
- ¼ teaspoon sugar (*optional*)
- 2½ tablespoons corn meal (*optional*)

In a bowl, mix all ingredients.

### NOTE:

1 recipe of taco seasoning will season 1 pound of ground beef, chicken, or tofu. Make an extra recipe or two to keep in a spice bottle on the shelf for those quick go-to dinners and for salad dressings.

*Yields: 1 recipe of taco seasoning*



