

Tex-Mex Thursday

Written by Debbi Covington

Tuesday, 06 February 2018 09:37 - Last Updated Wednesday, 07 February 2018 07:09



Okay, so this is an admitted rip off of Taco Tuesday. I see no reason why we shouldn't eat Mexican food twice in the same week. Tex-Mex spices like cumin and chili powder also offer a tummy-warming depth of flavor that's most appreciated on cold evenings. Winter weeknight suppers can be so repetitive and boring - at least they have been at our house. The lack of fresh veggies and herbs from the garden and no interest in standing outside in the cold over the grill doesn't help our dining dilemma either.

Doesn't Mexican-style comfort food sound enticing? This week's menu uses lots of canned and prepared foods from the grocery store shelves. I'm sharing four easy to prepare and even easier to eat Tex-Mex offerings. Every recipe can easily be made ahead and assembled just before cooking. Most of all, you're going to love the Praline Apple Cake! I promise.

Cheddar and Bacon Tostadas

1 (8-ounce) package cream cheese, softened

3/4 cup shredded sharp cheddar cheese

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1/2 pound bacon, cooked and crumbled

1/4 cup chopped green onion

8 corn tostadas

Preheat oven to 350 degrees. Grease a baking sheet lightly with cooking spray. In a small bowl, mix cream cheese with cheddar cheese, crumbled bacon and green onions. Spread cheese mixture evenly on 8 tostadas and place on baking sheet. Bake for 12 to 15 minutes or until cheese is melted and tostadas are warm and crunchy. Serves 8.

Corn and Black Bean Salad

1 (15.25-ounce) can black beans, drained and rinsed



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1 (15.25-ounce) can corn, drained

1/2 red bell pepper, diced

1/3 cup diced red onion

1/2 cup sliced grape tomatoes

1 heaping tablespoon diced pickled jalapenos

2 tablespoons chopped fresh cilantro

1 tablespoon lime juice

2 tablespoons extra-virgin olive oil

Salt and pepper, to taste

Place black beans, corn, bell pepper, red onion, grape tomatoes, jalapenos and cilantro in a salad bowl. Add lime juice and extra-virgin olive oil; toss well to combine. Season with salt and pepper, if desired. Cover and chill for 30 minutes before serving. Serves 6 to 8.

Spinach and Beef Enchiladas

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With the addition of black beans and corn, this dish is a great choice for a vegetarian or a low-carb diet. The ground beef can be replaced with ground turkey or ground chicken for a leaner option. The white sauce can be replaced with a tomato-based sauce for a more traditional Tex-Mex flavor.



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