

## **Fried Chicken Tacos (*inspired by the Local Taco in Lexington*)**

**Difficulty Level: Delicious**

**What you will need:**

- Soft tortillas
- 1 bag of shredded lettuce
- 1 diced tomato
- 4 buttermilk chicken tenders (from your favorite fast food place, the grocery store, or see recipe below. Note that in the recipe these tenders need to soak for about 30 minutes ahead of time. Do this before the program starts if possible!)
- Honey-lime mayonnaise (see recipe below)

### **Ingredients for Buttermilk Chicken Tenders from [cookingwithjanica.com](http://cookingwithjanica.com)**

1 lb. chicken, tenders  
1/2 tsp garlic powder  
1/4 tsp onion powder  
1/2 tsp black pepper  
1/8 tsp cayenne (if you like a little spice)  
1 ½ cups flour  
1 tsp salt  
1 container or vegetable oil  
1 half gallon of buttermilk

### **Instructions**

1. Place chicken strips in a medium bowl and pour buttermilk over the top until they are submerged. Place in fridge and allow to soak for at least 30 minutes.
2. Take another bowl and add the flour and seasonings. Stir with a fork to combine. Now drizzle about 1/4 cup of buttermilk into the flour, stirring lightly with your fork as you add it. (This will create the small clumps of batter that make the chicken tenders extra crispy!)
3. Heat your deep fryer to 375 F or add 1" of oil to a skillet and heat oil to temperature over medium heat.

4. Once the chicken tenders are done soaking, remove them from the buttermilk mixture and dredge in the flour. Turn them over to thoroughly coat each side.
5. When oil has come to temperature, add the chicken tenders, frying in batches if necessary. Cook them on each side for about 2 minutes, until golden brown and crispy.
6. Remove them from the oil and place on a cooling rack over a baking sheet or paper-lined plate.

### **Ingredients for Honey-Lime Mayonnaise from [shewearsmanyhats.com](http://shewearsmanyhats.com)**

1 cup mayonnaise  
3 tablespoons honey  
zest of 1 lime (use a grater)  
2 tablespoons fresh lime juice  
1/4 teaspoon salt  
1/4 teaspoon pepper  
\*additional salt and pepper to taste

### **Instructions**

Mix all ingredients together until well combined. Salt and pepper to taste. Refrigerate, covered until ready to use.

## **Traditional Beef Tacos (personal recipe)**

### **Difficulty Level (easy)**

#### **What you will need:**

1 lb of ground beef  
1 bag of shredded lettuce  
¼ cup of taco seasoning  
1 bag of Mexican cheese  
1 tomato, diced  
1 container of sour cream  
Hard shells or soft tortilla

#### **Instructions**

1. Season the ground beef with garlic powder, salt, and pepper.
2. Heat a skillet with a coating of butter. Once the butter is melted, slowly add pieces of ground beef to the skillet. Using a spatula, break the meat apart until it is ground up in the skillet. Cook until there is no longer any pink in the meat.
3. Strain the beef if necessary once it is fully cooked. Add ¼ cup of taco seasoning to the meat as well as a ½ cup of water. Mix together until the taco sauce begins to thicken.
4. Remove skillet from heat and serve the meat with your choice of shell and toppings.

## **Black Bean Vegetarian Tacos from [www.nospoonnecessary.com](http://www.nospoonnecessary.com)**

### **Difficulty Level (follow instructions carefully)**

#### **What you will need:**

2 tbs. Olive Oil  
1 medium red onion, diced & divided  
1 large red bell pepper, diced & divided  
2 large jalapenos, seeded ribbed, finely diced & divided  
2-3 tsp. of garlic, minced  
1 ¼ tsp. EACH: ground cumin & paprika  
1 tsp EACH: chili powder & dried oregano  
1 TBS Tomato Paste  
½ cup vegetable broth or water  
2 (15 ounce) cans black beans, drained & rinsed

Salt & ground black pepper to taste

1-3 tbs. fresh lime juice to taste

#### **For Corn Salsa:**

2 cups of frozen corn of choice (microwave bag before combining ingredients)

1 large Lime – juice & zest (about 2 TBS juice + 1 tsp zest)

3-4 TBS chopped cilantro

¼ tsp EACH: Paprika, Chili Powder, Salt

½ Cup Crumbled Cotija Cheese

### **Instructions**

1. Prepare the corn salsa: In a medium-sized mixing bowl, combine the corn, 1/3 cup red onion, half of the red bell pepper, half the jalapeno, lime juice and zest, cilantro, paprika, cumin, chili powder and sea salt. Mix well to combine. Add in cheese. Toss gently to combine. Taste and adjust for seasoning with salt, lime juice and spices. Set aside and allow the flavors to meld.
2. Prepare the beans – cook vegetables: Heat oil in a large saucepan over medium heat. When oil shimmers, add the remaining onion, bell pepper and jalapeno. Cook, stirring occasionally, until the vegetables are softened and the onions are almost translucent, about 5-6 minutes.
3. Prepare the beans – add seasonings: Add the garlic, chili powder, cumin, paprika and oregano. Season with a pinch of salt and pepper. Cook, stirring, until fragrant, about 1 minute. Add the tomato paste and cook, stirring, until caramelized, about 1-2 minutes.
4. Prepare the beans – add liquid and beans: Add the broth (or water). Stir, using a wooden spoon to scrape up any browned bits on the bottom of the pan. Cook 1 minute. Add the beans and season to taste with a couple generous pinches of flakey sea salt and ground black pepper. Stir to incorporate.
5. Prepare the beans – simmer: Reduce heat to medium-low and cook, stirring occasionally, for 13-15 minutes, or until the beans have slightly broken down and the liquid has reduced to a thick sauce.
6. Finish the beans: Remove from heat and stir in lime juice. Taste and add more salt, lime juice or dry seasonings to taste.
7. Optional – smash the beans: Use a potato masher or the back of a wooden spoon or fork to smash some of the beans. Stir well.
8. To serve: Spoon some of the beans down the middle of each tortilla. Top with corn salsa and desired garnishes. Enjoy!