

Centerville Wrestling Team Recipes

Brazilian Chicken

Marinade:

1/3 cup olive oil

2/3 cup fresh or bottled lime juice

2/3 cup fresh cilantro

1 or 2 fresh jalapeno peppers, seeded and finely chopped

1 T. minced garlic

1 t. ground cumin

½ t. sea salt

Mix all ingredients thoroughly and set aside.

1 ½ lb. boneless, skinless chicken breast, cut into thin strips

15 oz. black beans, rinsed and drained

1 ½ lb. tomatoes, seeded and chopped, or 1 can diced

2 small green peppers, seeded and diced

10 oz. bag frozen corn, thawed

1 bunch green onions, sliced

1 T. olive oil

Sea salt

Black pepper

White or brown rice, cooked

Use about 1/3 of marinade to marinate chicken for at least one hour in refrigerator. Meanwhile place beans, tomatoes, green peppers, corn, and onions in large bowl. Pour remaining marinade over vegetables and stir to mix. When chicken is ready, place 1 T. of oil in large skillet and heat to medium high. Add chicken and cook, stirring, for about 6 minutes or until cooked through. Add the vegetables to the skillet; reduce heat to medium and simmer until vegetables begin to soften, just 3-5 minutes. Season to taste with salt and pepper. Serve over rice.

Chicken Caesar Wrap

½ cup Caesar salad dressing

½ cup grated parmesan cheese, divided

1 t. lemon juice

1 garlic clove, crushed

¼ t. pepper

1 package cream cheese, softened

3 cups chopped romaine

½ cup diced sweet red pepper

1 can sliced ripe black olives, drained

5 flour tortillas (10 inches)

1 ¾ cups cubed cooked chicken

In a small bowl, combine the salad dressing, ¼ cup parmesan cheese, lemon juice, garlic, and pepper. In a small mixing bowl, beat cream cheese until smooth, then add salad dressing mixture and set aside. In a large bowl, combine romaine, red peppers and olives. Add the salad dressing mixture and toss to coat.

Spread about ¼ cup cream cheese on each tortilla. Top with romaine mixture and chicken. Sprinkle with remaining parmesan cheese. Roll up, cut in half, secure inside plastic wrap or wax paper.

****The boys love these. They can be made the night before.****

Tortilla Soup

2 T. chicken bouillon granules
2 t. lemonade powder mix with sugar
1 t. lemon pepper
1 t. dried cilantro leaves
½ t. garlic powder
½ t. ground cumin
½ t. salt
¼ c. dried onion
2 cans chicken breast (near the tuna in store)
1 can diced tomatoes and green chilies
1 c. converted long grain rice
Crushed tortilla chips or tortilla strips
Shredded cheese

Combine all ingredients except rice, chips and cheese in large soup pot with 10 cups water. Bring to a boil. Lower heat, cover and simmer 20 minutes. Add rice and simmer until rice is cooked. If making in crock pot, cook on low. Cook rice in advance and stir in right before serving, allowing time for rice to warm up in cooker. Serve with crushed chips and cheese on top.

Margarete's World Famous Banana Pancakes

1 c. pancake mix
1 c. oats
2 eggs
2-4 ripe bananas, mashed
Milk as needed
2 T. oil

Mix all ingredients, using milk to achieve desired consistency for batter. Cook on skillet and enjoy. Toppings optional, but have great flavor just plain.