



RECIPE BASKET

Lime Cilantro Ranch Chicken Tacos

Ingredients:

1 - 1½ pounds chicken breasts
¼ cup lime juice, divided
2 tablespoons canola or vegetable oil
1 teaspoon minced jalapeno
1 teaspoon honey
1 teaspoon salt
1 teaspoon chili powder
½ teaspoon paprika
½ teaspoon onion powder
½ teaspoon garlic powder
¼ teaspoon cumin
¼ teaspoon ground black pepper

For the filling:

2 teaspoons olive oil
2 tablespoons chopped red onion
½ cup frozen corn
½ cup black beans, rinsed
1 teaspoon minced jalapeno
Soft taco flour tortillas

Garnishes:

Chopped fresh cilantro
Avocado chunks
D&Co. Kitchen
Lime Cilantro Ranch Dressing
Lime wedges

In a sealed plastic bag, add half of the lime juice and ALL of the remaining marinade ingredients. Close and gently shake to combine. Open, add chicken, close and toss to coat chicken evenly. Allow to sit at room temperature for 30 minutes before cooking. Place a large non-stick skillet over medium high heat on your stovetop. When the oil is hot, add the chicken and cook for 5 minutes, or until browned on one side. Flip chicken and reduce heat to medium. Cook for approximately 5-8 minutes or until chicken reaches an internal temperature of 160 degrees. Transfer to a cutting board, cover with aluminum foil, and let rest for 5 minutes before slicing. Garnish with remaining lime juice and a bit of zest, if desired.

In a separate large non-stick skillet set to medium heat, add olive oil. When the oil is hot, add the corn to cook for 5 minutes, then add the rinsed black beans and diced jalapeno. Season with salt and pepper, cook for 3 minutes; keep warm.

To assemble, place chicken and filling in soft taco size flour tortillas. Garnish with cilantro, avocado chunks, D & Co. Kitchen Lime Cilantro Ranch dressing, and serve with lime wedges.



Shrimp and Avocado Summer Salad

Cajun Shrimp Ingredients:

1 pound medium shrimp, 31-40 count
1 teaspoon Cajun spice
2 cloves garlic, pressed or grated
Pinch of salt
2 tablespoons butter

Salad ingredients:

2 avocados, peeled, pitted and sliced
2 bags romaine lettuce
3 medium roma tomatoes, sliced
1/2 medium red onion, thinly sliced
1 cup corn kernels from 2 freshly cooked cobs (or canned corn)
1/2 English or 3 small, sliced cucumbers
D&Co. Kitchen Lime Cilantro Ranch Dressing to taste

Directions:

After washing shrimp, pat the shrimp dry. Combine Cajun spice, garlic and a pinch of salt and toss in the shrimp, coating it well. In a large non-stick pan, heat up the butter. Place shrimp in a single layer and sauté around 2 minutes per side, or to your desired crispness. Once finished, place aside to be combined to salad later.

Combine 2 bags of romaine lettuce, 3 sliced tomatoes or whole cherry tomatoes, thinly sliced red onion, sliced cucumbers, 2 sliced avocados and 1 cup of cooked corn. Toss in the Cajun shrimp. Drizzle Lime Cilantro Ranch dressing on top and toss. Serve and enjoy!



RECIPE BASKET

Southwestern Black Bean Salad

Ingredients:

D&Co. Kitchen Lime Cilantro Ranch Dressing to coat
1 15.5 oz. can black beans, rinsed and drained
9 ounces frozen and thawed, canned or grilled corn
Grape or cherry tomatoes, sliced in half
1 avocado, chopped
1/4 cup red onion, diced
Juice of one lime
1 tablespoon cilantro, chopped
Salt and fresh ground pepper

Directions:

Combine beans, corn, tomato, onion, cilantro, salt and pepper. Add dressing and marinate in the refrigerator 30 minutes. Mix avocado with lime juice and add before serving. Great as a side salad or served as a dip.

Cheese Quesadillas with D&Co. Kitchen Lime Cilantro Ranch Dressing

Try this simple & easy recipe that tastes amazing.

Ingredients:

8 flour tortillas
2 cups Monterey Jack cheese
D&Co. Kitchen Lime Cilantro Ranch Dressing

Directions:

Heat broiler. Place 2 tortillas on a baking sheet. Sprinkle each tortilla with 1/2 cup of shredded cheese, top with 2 more tortillas. Broil until crisp and golden, about 1 to 2 minutes per side. Repeat with remaining tortillas and cheese. Cut quesadillas into triangles and serve with Lime Cilantro Ranch Dressing.



Fish Tacos with Lime Cilantro Ranch Dressing

These fish tacos make a delicious and refreshing dinner.

Ingredients:

1/8 teaspoon garlic powder
1 ½ pounds red snapper fillets (or favorite meaty, flaky fish)
1/8 teaspoon salt
1 teaspoon ground cumin
1 teaspoon ground coriander
8 6-inch corn tortillas
½ teaspoon smoked paprika
2 cups shredded angel hair coleslaw
¼ teaspoon ground red pepper
Cooking spray
4 tablespoons D&Co. Kitchen Lime Cilantro Ranch Dressing

Directions:

Preheat oven to 425 degrees. Pulse angel hair coleslaw and Cilantro Lime Ranch Dressing in food processor until finely chopped. Combine garlic powder, salt, cumin, coriander, paprika and red pepper in a small bowl. Sprinkle spice mixture evenly over both sides of fish. Place fish on a baking sheet coated with cooking spray. Bake at 425 degrees for 9 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Place fish in a bowl; break into pieces with a fork. Heat tortillas according to package directions. Divide fish evenly among tortillas; top each with a ¼ cup cabbage and 1 tablespoon Lime Cilantro Ranch Dressing.



Black Bean Salad with D&Co. Kitchen Lime Cilantro Ranch Dressing

A colorful combination of ingredients makes this salad look as good as it tastes.

Ingredients:

- 1 avocado
- 1 cup corn kernels, fresh or thawed if frozen
- 4 cups shredded romaine lettuce
- 1 red bell pepper, chopped
- 1 cup grape tomatoes, halved
- ½ cup toasted pumpkin seeds (optional)
- 2 15 oz cans no-salt added black beans, rinsed and drained
- 2 ¼ cup D&Co. Kitchen Lime Cilantro Ranch Dressing

Directions:

In a large bowl, whisk together avocado and Lime Cilantro Ranch Dressing until blended. Add beans, lettuce, tomatoes, corn, pepper, pumpkin seeds and toss until evenly coated.

Lime Cilantro Chicken Salad

Brighten up your chicken salad with the addition of this robust dressing.

Ingredients:

- 2 ¼ cups D&Co. Kitchen Lime Cilantro Ranch Dressing
- 2 pounds diced chicken, cooked to your liking
- 1 cup mayonnaise
- 1/2 cup canned corn or cooked corn
- 1/2 onion, chopped



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Directions:

Combine all ingredients in a bowl, chill and serve with crackers or on your favorite sandwich bread.