



RECIPE BASKET

Lime Cilantro Ranch Chicken Tacos

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 nonstick 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 F. 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

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

- 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

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 nonstick 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.

For salad, 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 D&Co. Kitchen Lime Cilantro Ranch Dressing on top and toss. Serve and enjoy!



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Southwestern Black Bean Salad

D&Co. Kitchen Lime Cilantro Ranch Dressing to coat
1 15.5-ounce 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

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**

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

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 **D&Co. Kitchen Lime Cilantro Ranch Dressing**.



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Fish Tacos with D&Co. Kitchen Lime Cilantro Ranch Dressing

- 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**

Preheat oven to 425 F. Pulse angel hair coleslaw and D&Co. Kitchen 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 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 D&Co. Kitchen Lime Cilantro Ranch Dressing.

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

- 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-ounce cans no-salt added black beans, rinsed and drained
- 2 ¼ cups **D&Co. Kitchen Lime Cilantro Ranch Dressing**



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

Lime Cilantro Chicken Salad

2¼ 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

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