chicken *with* corn and squash

by
**Jiji Olvera and
Elvira R. Rivera**

Ingredients

- ☐ **5** pieces of squash
- ☐ **½** an onion (your preference)
- ☐ **1** can of corn
- ☐ **8** chicken drumsticks
- ☐ Salt
- ☐ Garlic salt
- ☐ Chicken Bouillon (your preference)
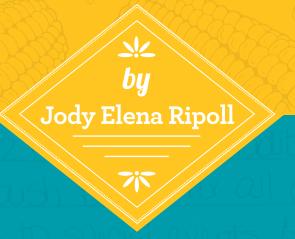- ☐ **3** tomatoes; diced
- ☐ **1** can of tomato sauce

Directions

1.) Cook chicken for 10 minutes on each side, with oil.

2.) Remove excess oil (as much as possible)

3.) Dice onion and tomatoes, cook with chicken for 5 minutes (stir to avoid burning)

4.) Dice squash and add to step above.

5.) Add small can of tomato sauce. Fill can with water and put in pan.

6.) Add chicken bouillon, to your liking.

7.) Boil for 15 minutes (look at squash to ensure meal is cooked)

8.) Enjoy!

arroz *con* maiz

by

Jody Elena Ripoll

Arroz con Maiz is a desired traditional Puerto Rican dish favored for all occasions. From casual dinners to special events. Arroz con Maiz is always a crowd favorite. This wonderful dish was passed down to me from my amazing mother. In which I have now passed down to my daughter, keeping this wonderful traditional alive, making new family and friend memories.

Ingredients

- ☐ **½** large white onion
- ☐ **½** green bell pepper
- ☐ **2** cloves of garlic
- ☐ **1** can of corn
- ☐ **2** cups rice
- ☐ **1** packet Goya Sazon seasoning
- ☐ **1** Tablespoon Goya Adobo
  All-Purpose seasoning
- ☐ **1** Tablespoon tomato sauce
- ☐ **4 oz.** olive oil

Directions

1.) First, combine onion, green bell pepper, and garlic into a blender. Blend for 30 to 45 seconds into a puree.

2.) Bring a pot of water to a boil.

3.) Once boiling, add all ingredients into pot and stir.

4.) Bring heat to a simmer.

5.) After about 20 minutes, letting the water evaporate, fluff the rice. Bring the heat to low.

6.) Cover the pow with lid and continue to cook for another 15 to 20 minutes until rice fully cooked.

7.) Serve and enjoy!

vegetarian *corn* tacos

by

Joe F. Garcia

Ingredients

- ☐ **2** tsp olive oil
- ☐ **1** cup cabbage; diced
- ☐ **1** cup eggplant; diced
- ☐ **½** cup crushed tomatoes
- ☐ **15** oz can sweet corn
- ☐ **15** oz red kidney beans
- ☐ Dash salt, pepper, oregano, and turmeric
- ☐ **10** yellow corn tortillas
- ☐ Miracle whip; dollop
- ☐ Cabbage slaw

Directions

1.) Sauté diced onions, cabbage, eggplant on low heat.

2.) Add crushed tomatoes, corn, and kidney beans.

3.) Add salt and pepper to taste.

4.) Cook for about 15 minutes.

5.) Warm tortillas on comal.

6.) Add dollop of miracle whip to tortillas. Add veggies to tortillas. Top with cabbage slaw.

7.) Enjoy!

mexican *esquites*

by

Lucy Claire

Ingredients

- ☐ Cooked corn
- ☐ Mayo (amount as desired)
- ☐ Panela cheese (amount as desired)
- ☐ Chili powder (amount as desired)

Directions

1.) Add mayo to fully cooked corn. Mix.

2.) Add cheese (Panela).

3.) Add chili powder.

4.) Read to eat!

salsa verde *chicken corn* tamales

by
Sandy Garcia

Tamales were a staple in my family. Filling included pork, chicken, roast, bean and cheese. Some corn and raisins. Dipped into avocado, sour cream and Pico de Gallo.

Ingredients

- ☐ Masa (Masa Harina)
- ☐ Corn husks (depends on how many one makes)
- ☐ **2** Tbsp chicken broth
- ☐ **3 ½** cups cooked chicken
- ☐ **1** tsp baking powder
- ☐ Salt (according to taste)
- ☐ Cumin (according to taste)
- ☐ Lard or butter (according to masa harina package and many you make)

Fillings

- ☐ **16** oz. can Salsa verde
- ☐ Chicken; cooked and shredded
- ☐ **16** oz. can corn
- ☐ Seasonings to taste

Directions

1.) Masa- combine masa, baking powder, salt, and cumin. Add 1 to 2 tablespoons broth. Work lard or butter into masa mixture. Beat together (should be creamy like peanut butter). Cover dough with damp cloth.

2.) Cook chicken and allow to cool. Shred and toss in salsa verde and corn.

3.) Lay corn husks glossy side up. Scoop ¼ cup of dough on top of half, spread and fill with 1 to 2 tablespoons of filling. Fold husk to contain. Fold bottom of husk up. Tie with a strip of husk. Cook on stove for 1 to 2 hours. Add water to create steam. Check in one hour.