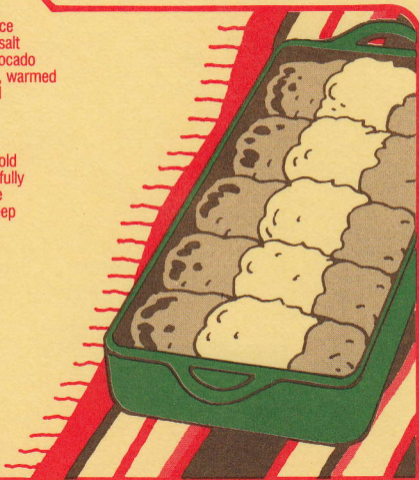


## CHICKEN CHIMICHANGAS

- |                                   |                           |
|-----------------------------------|---------------------------|
| 2 cups shredded, cooked chicken   | 1/4 cup taco sauce        |
| 1/2 cup shredded Cheddar cheese   | 1/2 teasp. garlic salt    |
| 1/2 cup sliced green onions       | 1/2 cup diced avocado     |
| 1/4 cup canned diced green chiles | 8 flour tortillas, warmed |
|                                   | Wesson® Corn Oil          |
|                                   | sour cream                |
|                                   | salsa                     |

In small bowl, combine **first six ingredients**; carefully fold in avocado. Divide mixture evenly among tortillas. Carefully fold in sides of tortillas making sure to enclose all of the filling; secure on both ends with wooden toothpicks. Deep fry at 350°F 3 to 5 minutes, or until golden brown. Serve hot with sour cream and salsa. Makes 8 servings.



## LIME BREAD

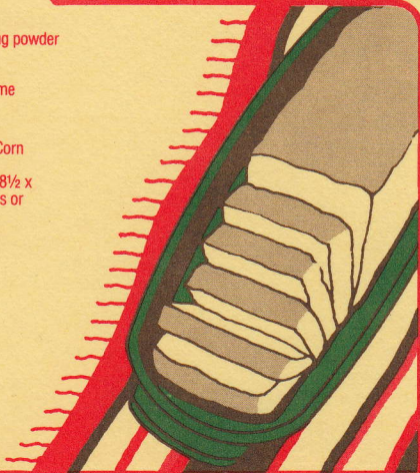
1 cup sugar  
1/2 cup Wesson® Corn Oil  
2 eggs  
1/2 cup milk  
Grated peel of 2 limes

1 1/2 cups flour  
1 teasp. baking powder  
1/4 teasp. salt

### GLAZE

Juice of 1 lime  
1/4 cup sugar

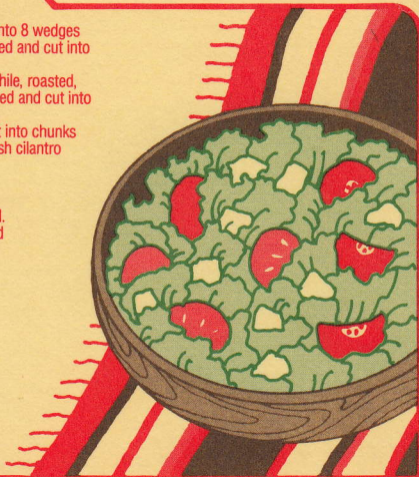
In a medium bowl, mix together sugar and Wesson® Corn Oil. Add eggs, milk and lime rind; mix well. Add flour, baking powder and salt; mix well. Turn into a greased 8 1/2 x 3 5/8 x 2 5/8-inch loaf pan. Bake at 350° 55 to 60 minutes or until toothpick inserted in center comes out clean. When slightly cooled, turn bread out of pan onto serving platter. In a small bowl, mix together lime juice and sugar. Spoon over bread. Makes 1 loaf.



## FRUIT AND VEGETABLE SALAD

- 1/2 cup Wesson® Corn Oil
- 1/3 cup white wine vinegar
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. sugar
- 1/8 tsp. garlic powder
- 1/8 tsp. ground oregano
- 1 head iceberg lettuce, washed and cored
- 1 tomato cut into 8 wedges
- 1 orange, peeled and cut into 8 wedges
- 1 mild green chile, roasted, peeled, seeded and cut into 1-inch strips
- 1/2 avocado, cut into chunks
- Chopped fresh cilantro

Combine **first seven ingredients** in covered jar; shake well and set aside. Tear lettuce in pieces into large bowl. Arrange alternate wedges of tomato and orange around edge of bowl. Place chile strips and avocado chunks in center. Pour dressing over salad ingredients. Makes 8 servings.



## ROPA VIEJA

- |     |                                |   |                                  |
|-----|--------------------------------|---|----------------------------------|
| 5   | lbs. flank steak               | 2 | (28-oz.) cans Hunt's®            |
| 3   | <b>each:</b> medium onions and |   | Whole Tomatoes, drained          |
|     | green peppers, chopped         | 2 | Tablesp. <b>each:</b> white wine |
| 1   | small bay leaf                 |   | vinegar and white wine           |
| 4   | whole cloves                   | 5 | teasp. paprika                   |
|     | Water                          | 2 | teasp. sugar                     |
| 3/4 | cup Wesson® Corn Oil           |   | Salt and Pepper to taste         |
| 8   | cloves garlic, minced          |   |                                  |

Cut flank steak in half. Place in a large Dutch oven with **1 onion** and **1 green pepper**, chopped, bay leaf and cloves. Add water to cover meat; bring to a boil over high heat. Reduce heat and simmer, until tender, about 1½ to 2 hours. Remove meat and cool 5 minutes. Using a fork, shred meat and set aside. Discard broth and spices.

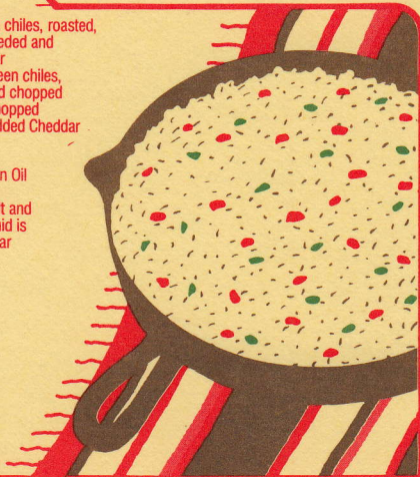
Place Wesson® Corn Oil in Dutch oven; add **remaining** onions, peppers, garlic and tomatoes sautéing over medium-high heat. Cook until ingredients separate from oil and all liquid has evaporated. Stir in meat and **remaining** ingredients. Lower heat and simmer 30 minutes. Serve with white rice and black beans. Makes 8 servings.



## CHILE AND CHEESE RICE

- |                                  |  |
|----------------------------------|--|
| 1/3 cup Wesson® Corn Oil         | 4 mild green chiles, roasted, peeled, seeded and chopped |
| 1 onion, chopped                 |  |
| 2 cloves, garlic, minced         | 4 canned green chiles, seeded and chopped                |
| 1 1/2 cups long grain white rice | 1 tomato, chopped  |
| 4 cups chicken broth             | 2 cups shredded Cheddar cheese                           |
| 1/2 tsp. seasoned salt           |  |
| 1/8 tsp. red pepper              |  |

In large skillet saute onion and garlic in Wesson® Corn Oil for one minute. Add rice and cook until rice is lightly browned, stirring frequently. Mix in chicken broth, salt and red pepper. Simmer, covered 40 minutes, or until liquid is absorbed. Add chiles and tomato and top with cheddar cheese. Place under broiler until cheese is melted. Makes 6 to 8 servings.



## BEST LITTLE CORNBREAD IN TEXAS

- |                        |   |
|------------------------|---|
| 1½ cups cornmeal       | 1 (17-oz.) can whole kernel corn, drained |
| ¼ cup flour            | 1 (4-oz.) can diced green chiles          |
| 2 teasp. baking powder | ½ cup shredded Cheddar cheese             |
| 1 teasp. garlic salt   | 8 slices bacon, cooked crisp and crumbled |
| ⅔ cup Wesson® Corn Oil | ¼ cup bacon drippings                     |
| ½ cup milk             |   |
| ½ cup sour cream       |   |
| 2 eggs, beaten         |   |

In medium bowl, combine **first four ingredients**. Stir in Wesson® Corn Oil, milk, sour cream and eggs; mix well. Fold in corn, chiles, cheese and bacon. Grease a heavy 9-inch skillet with bacon drippings; pour batter into skillet. Bake at 375° 35 to 40 minutes. Serve hot. Makes 8 to 10 servings.



## TEX MEX CHILE

- |  |  |
|--|--|
| 1/4 cup Wesson® Corn Oil                   | 1 Tablesp. ground cumin                          |
| 5 cloves garlic, minced                    | 1/2 teasp. <b>each</b> : salt and red pepper     |
| 2 onions, chopped                          |  |
| 3 lbs. top sirloin, cut into 1-inch chunks | 1 (28-oz.) can Hunt's® Whole Tomatoes            |
| 2 lbs. lean ground beef                    | 1 (12-oz.) can beer                              |
| 6 Tablesp. Gebhardt® Chili Powder          | 1 dried New Mexico red chile pod, broken in half |
| 1/4 cup flour                              | Shredded Cheddar cheese                          |
|  | Sour cream                                       |

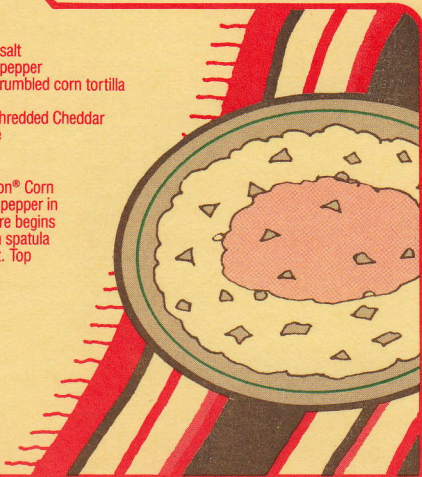
In medium skillet saute garlic and onions in Wesson® Corn Oil until soft; set aside. Cook meats in large pot or Dutch oven until ground beef is no longer pink; drain excess fat. Add chili powder, flour, cumin, salt and pepper; cook one minute longer. Add **cooked** garlic and onions and **remaining** ingredients. Simmer 2 hours; remove chile pod. Top with cheese and sour cream, if desired. Makes 8 to 10 servings.



## SCRAMBLED EGGS & TORTILLAS

- |   |   |
|---|---|
| 1/4 cup Wesson® Corn Oil                        | 12 eggs                                 |
| 1 chile, seeded and finely chopped              | 1/2 teasp. salt                         |
| 1 small yellow chile, seeded and finely chopped | 1/8 teasp. pepper                       |
| 1/2 cup chopped onion                           | 1 1/4 cups crumbled corn tortilla chips |
|   | 1 1/4 cups shredded Cheddar cheese      |
|   | Salsa                                   |

In medium skillet saute chiles and onion in Wesson® Corn Oil until soft. Meanwhile, combine eggs, salt and pepper in large bowl; beat well. Add to hot skillet. As mixture begins to set at bottom and side, gently stir mixture with spatula until eggs are cooked through; remove from heat. Top eggs with tortilla chips then cheese. Place under broiler until cheese is melted. Serve with salsa, if desired. Makes 4 to 6 servings.

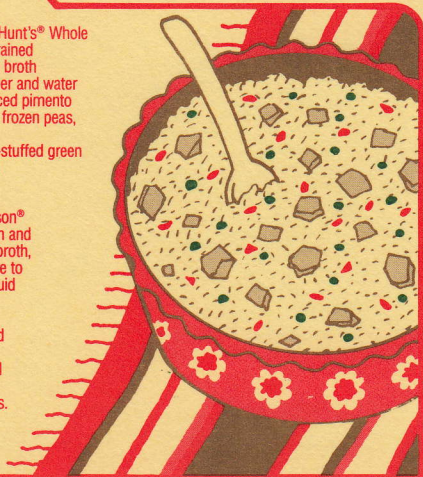




## ARROZ CON POLLO

- |  |  |
|--|--|
| 1/3 cup Wesson® Corn Oil                             | 1 (28-oz.) can Hunt's® Whole Tomatoes, drained |
| 1 1/2 to 2-lbs. chicken breast                       | 2 cups chicken broth                           |
| 6 cloves garlic, minced                              | 3/4 cup <b>each:</b> beer and water            |
| 1 <b>each:</b> large onion and green pepper, chopped | 1 (2-oz.) jar sliced pimento                   |
| 2 cups converted long-grain rice                     | 1 (10-oz.) pkg. frozen peas, thawed            |
| 2 tsp. Tabasco                                       | 1/2 cup pimento-stuffed green olives, sliced   |
| 1 tsp. salt  |  |
| 1/4 tsp. saffron                                     |  |

In large Dutch oven, sauté chicken and garlic in Wesson® Corn Oil 5 minutes over medium-high heat. Add onion and green pepper; cook 5 minutes more. Add tomatoes, broth, rice, Tabasco, salt and saffron; mix well. Bring mixture to a boil and cook 10 to 15 minutes or until almost all liquid has evaporated. Add pimentos, beer and water. Reduce heat; simmer, covered, 25 to 30 minutes or until rice is cooked. Add **remaining** ingredients and simmer, uncovered, 10 minutes; remove from heat. Carefully remove chicken from pan. Remove skin and bones and cut chicken into 1-inch chunks; return meat to pan and serve immediately. Makes 6 servings.



## STUFFED CHILE SALAD

- |                            |  |
|----------------------------|--|
| 1/2 cup Wesson® Corn Oil   | 1/4 teasp. crushed red pepper                      |
| 1/3 cup white wine vinegar | 1/8 teasp. pepper                                  |
| 1/2 teasp. garlic salt     | 6 mild green chiles, roasted,<br>peeled and seeded |
| 1/2 teasp. oregano         | 1 head iceberg lettuce,<br>washed and cored        |

## AVOCADO FILLING

- |                                    |                        |
|------------------------------------|------------------------|
| 1 ripe avocado                     | 1 Tablesp. sour cream  |
| 2 Tablesp. chopped tomato          | 1 teasp. lemon juice   |
| 1 Tablesp. finely chopped<br>onion | 1/4 teasp. garlic salt |

Combine **first six ingredients** in shallow baking dish; mix well. Place chiles in mixture; cover and refrigerate 24 hours or overnight. Tear lettuce in bite sized pieces in large bowl; set aside. Remove chiles and reserve marinade. Prepare avocado filling and carefully stuff marinated chiles with the mixture. Arrange over lettuce; pour **remaining** marinade over lettuce and chiles. Makes 6 servings.



## "NIEVE FRITA" SANDWICHES (Fried Ice Cream Sandwiches)

- |   |                           |
|---|---------------------------|
| Wesson® Corn Oil                                  | 2 cups vanilla ice cream  |
| 3 (10-inch) flour tortillas, cut<br>into quarters | 1½ teasp. cinnamon        |
|   | 2 Tablesp. powdered sugar |

In heavy skillet, heat 2-inches Wesson® Corn Oil to 350°. Fry tortillas until crisp and golden brown on both sides; drain on paper towels. Divide ice cream and cinnamon evenly among 6 tortilla quarters. Top with remaining tortilla quarters to make 6 "sandwiches." Dust with powdered sugar. Makes 6 servings.

Note: May top with chocolate sauce flavored with Kaluha, if desired.



## SWEET POTATO BREAD SUNDAES

- |     |  |     |                      |
|-----|--|-----|----------------------|
| 1   | cup sugar  | 1   | cup flour            |
| 1/2 | cup Wesson® Corn Oil                               | 1   | teasp. cinnamon      |
| 2   | large sweet potatoes,<br>cooked, peeled and mashed | 1/2 | teasp. baking powder |
| 2   | eggs, beaten                                       | 1/4 | teasp. salt          |
| 1/2 | cup milk   |     | Vanilla ice cream    |
| 1/4 | cup sweetened flaked<br>coconut                    |     | Cinnamon (optional)  |
|     | Grated peel of 1 lime                              |     |                      |

In medium bowl, cream together sugar and Wesson® Corn Oil. Add sweet potatoes, eggs, milk, coconut and lime peel; mix well. Stir in **remaining** dry ingredients. Turn into a well greased 8½ x 4½ x 2½-inch loaf pan. Bake at 350°F 60 to 65 minutes or until toothpick inserted in center comes out clean. When loaf has cooled, slice into ¾-inch thick slices. Cut each slice in half and place both halves in a sundae dish. Top with a scoop of vanilla ice cream. Top with a sprinkle of cinnamon, if desired.

