



Cinco de Mayo MENU



<p>#1</p> <p>AVOCADO DIP</p>	<p>2 large ripe avocados, peeled & seeded 1 T lemon juice ¼ small onion, finely chopped 1 small tomato, finely chopped, without skin and seeds (1 t salt) 4 T sour cream 1 T jalapeño pepper, finely chopped 1 T fresh cilantro, finely chopped Tortilla chips</p>	<p>Mash avocados with a fork. Add lemon juice, onion, tomato, salt and sour cream. Stir in jalapeño pepper and cilantro. Serve with tortilla chips.</p>
<p>#2</p> <p>JALAPEÑO CHEESE SQUARES</p>	<p>1½ sticks butter, melted 1 c flour, sifted (1 t baking soda) 4 eggs, beaten 1 c cottage cheese 8 oz bag shredded mozzarella cheese (1 t salt) ½ c jalapeño peppers, finely chopped (Cooking spray)</p>	<p>Pre-heat oven at 325°. In a large bowl, mix butter, flour, baking soda, eggs, cottage cheese, mozzarella cheese, and salt together. Mix well. Stir in jalapeño peppers. Grease a 9x13" baking dish with cooking spray. Spread cheese mixture in baking dish. Bake for 30 minutes until golden brown. Let cool. Cut into squares and serve. Makes about 35 squares.</p>
<p>#3</p> <p><i>Cook meat ahead Stove top or Crock-Pot</i></p> <p>TACOS WITH AVOCADO SAUCE</p>	<p>2 lb trimmed beef brisket, preferably the flat half 1 large yellow onion, chopped (5 black peppercorns) (2 dried bay leaves) 2 medium cloves garlic, crushed</p> <p>12 small (6 inch) corn tortillas, heated in microwave for 30+ seconds 1 quart cooking oil 24 toothpicks</p>	<p>To cook brisket stove top: Put the brisket, onion, peppercorns, bay leaves and garlic cloves in a 4-quart Dutch oven and cover with 5-7 cups of water. Bring to a boil over high heat and then reduce the heat to maintain a simmer and partially cover. Simmer until the meat is falling-apart tender, about 4 hours. Add hot water as needed during cooking to keep the meat submerged. Remove meat and let cool slightly. Use two forks to shred meat. Cut into 1" pieces.</p> <p>To cook brisket in crock-pot: Put brisket, onion, peppercorns, bay leaves and garlic in crock-pot. Pour ¼ c water over brisket. Cook on low 8 hours. Remove brisket and shred with fork. Cut into 1" pieces.</p> <p>Fill each warm tortilla with 1 T of shredded meat. Roll them up, cut in half to make two small tacos. Place toothpick in the center of the taco to hold together. Deep fry in hot oil, no more than 30 seconds, until lightly brown. Drain on paper towels. Serve with avocado sauce.</p>



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<p>#4 AVOCADO SAUCE</p>	<p>1 large avocado, peeled and seeded (2 T milk) (Salt to taste)</p>	<p>Put avocado in blender. Add milk and salt. Blend until liquefied and thickened. Right before serving, pour one tablespoon of avocado sauce over each taco.</p>
<p>#5 FRESH FRUIT SALAD AND CINNAMON CHIPS</p>	<p>2 ripe mangos (yellow), peeled and diced 3 kiwis, peeled and diced 16 oz strawberries 2 Golden Delicious apples, peeled, cored and diced 8 oz raspberries (1 T brown sugar) (2 T white sugar) 4 T fruit preserves, any flavor 12 (10 inch) flour tortillas (Butter flavored cooking spray) (3 T cinnamon sugar)</p>	<p>In a large bowl mix together mangos, kiwis, strawberries, Golden Delicious apples, raspberries, brown sugar, white sugar, and fruit preserves. Cover and refrigerate for 30 minutes. Preheat oven at 350°. Lightly coat one side of each tortilla with butter flavored cooking spray. Cut into wedges. On a large baking sheet, arrange in a single layer. Sprinkle wedges with cinnamon sugar. Spray once more with cooking spray. Bake for 8 to 10 minutes. Let cool for about 15 minutes. Serve with chilled fruit mixture. Serves 10.</p>
<p>#6 WHITE SANGRIA</p>	<p>8 c white grape juice, 64 oz 2 c fresh squeezed orange juice 2 fresh squeezed lemons 6 c sprite <u>Fresh fruit:</u> 2 oranges 1 carton strawberries 2 lemons 2 limes <u>Garnish:</u> mint</p>	<p>In a large pitcher or container, combine white grape juice, orange juice, sprite and fresh squeezed lemon. Slice fresh fruit and add to juice mix. Refrigerate for a least 2 hours. Serve over ice and garnish with fresh mint if desired.</p>



de Cinco mayo

GROCERY LIST



This menu is priced at Walmart.

MEAL #	X	GROCERY ITEM	PRICE:	OTHER GROCERIES I NEED:	X
-----	X	PRODUCE / DELI			
1,3		3 large ripe avocados	4.72		
1,6		6 lemons (2 lb bag)	2.50		
1,3		1 small & 1 large yellow onion	1.29		
1		1 small tomato	.80		
1,2		3 jalapeno peppers	.58		
1		1 bunch cilantro	.88		
3		1 head garlic	.36		
5		2 mangos	2.36		
5		3 kiwis	1.14		
5		16 oz pkg strawberries	1.98		
5		2 Golden Delicious apples	1.57		
5		8 oz pkg raspberries	2.98		
6		1 bag navel oranges	3.48		
6		2 limes	.66		
6		1 bunch fresh mint, Melissa's®	2.78		
-----	X	MEATS			
3		2 lb flat beef brisket	12.42		
-----	X	CANNED / BOTTLED / PACKAGED			
1		12 oz bag tortilla chips, GV	1.38		
2		32 oz bag flour, Gold Metal®	1.58		
3		1 quart cooking oil, GV	2.58		
3		1 pkg 6" corn tortillas	1.88		
3		1 container toothpicks	.58		
5		13 oz jar fruit preserves, GV	2.08	Staples needed:	
5		1 pkg 10" flour tortillas, MiCasa®	1.88	Baking soda	
6		64 oz white grape juice, GV	2.98	Salt	
6		2 liter Sprite®	1.25	Black peppercorn	
-----	X	DAIRY / REFRIG		Dried bay leaves	
1		8 oz container sour cream, Kraft®	.98	Milk	
2		8 oz container cottage cheese, Kraft®	.88	Brown sugar	
2		½ dozen eggs, Sunny Meadow®	.85	White sugar	
2		16 oz pkg stick butter, GV	2.48	Butter cooking spray	
2		8 oz bag shredded mozzarella cheese, GV	2.18	Cinnamon sugar	
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