

Atherton (Jefferson) Region 7

**Chicken Quinoa Burritos with Pico de Gallo Topped with Jicama slaw and Esquites de elote**

Ingredients Burritos and Pico De Gallo:

4 tomatoes chopped and seeded  
1 onion chopped  
1/2C cilantro chopped  
2 jalepenos chopped  
1TBS Lime Juice

MIX and let sit for 15 min

6 Tortillas  
1.5 Cup Quinoa  
4 chicken thighs  
2TBS olive oil  
1.5 can Black beans  
.5 Garlic Clove  
2.5 C chicken broth  
2C Monterray Jack cheese  
1/2 tsp chili powder  
1tsp cumin

Bring Quinoa and broth to a boil in a 2qt sauce pan – cook for 15 minutes covered. Turn off heat and let stand 5 minutes.

Heat olive oil in skillet – cook chicken thighs – remove from pan and let cool. Shred thigh meat.

**Ingredients Slaw**

1 large jicama, peeled and finely shredded  
1/2 Napa cabbage, finely shredded  
2 carrots, shredded  
1/2 cup freshly squeezed lime juice  
2 tablespoons rice vinegar  
2 tablespoons ancho chili powder  
2 tablespoons honey  
1/4 cup buttermilk low fat  
Salt and freshly ground black pepper to taste  
1/4 cup finely chopped cilantro leaves

**Directions**

Place jicama, cabbage, and carrots in a large bowl. Whisk together the lime juice, vinegar, ancho powder, honey, and buttermilk in a medium bowl. Season with salt and pepper, to taste. Pour the

dressing over the jicama mixture and toss to coat well. Fold in the cilantro. Let stand at room temperature for 15 minutes before serving.

### **Ingredients**

2 tablespoons vegetable oil  
4 ears fresh corn, shucked, kernels removed (about 3 cups fresh corn kernels)  
Kosher salt to taste  
2 tablespoons mayonnaise  
2 ounces feta or cotija cheese, finely crumbled  
1/2 cup finely sliced scallion greens  
1/2 cup fresh cilantro leaves, finely chopped  
1 jalapeño pepper, seeded and stemmed, finely chopped  
1 to 2 medium cloves garlic, pressed or minced on a microplane grater (about 1 to 2 teaspoons)  
1 tablespoon fresh juice from 1 lime  
Chili powder or hot chili flakes, to taste

### **Directions:**

1. Heat oil in a large non-stick skillet or wok over high heat until shimmering. Add corn kernels, season to taste with salt, toss once or twice, and cook without moving until charred on one side, about 2 minutes. Toss corn, stir, and repeat until charred on second side, about 2 minutes longer. Continue tossing and charring until well charred all over, about 10 minutes total. Transfer to a large bowl.
2. Add mayonnaise, cheese, scallions, cilantro, jalapeño, garlic, lime juice, and chili powder and toss to combine. Taste and adjust seasoning with salt and more chili powder to taste. Serve immediately.