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Grade: 2°

Group: A



20 affirmative sentences of the foods I like

- 1) My favorite food is pizza
- 2) I love spicy chicken wings
- 3) I like to eat fruit salad
- 4) I like chocolate
- 5) I like ice cream
- 6) I like the mole
- 7) I like tacos
- 8) I like spaghetti
- 9) I like grilled beef
- 10) I like the pozole
- 11) I like cheese pie
- 12) I like donuts
- 13) I like churros
- 14) I like empanadas
- 15) I like quesadillas
- 16) I like hamburger
- 17) I like BBQ ribs
- 18) I like sushi
- 19) I like cake
- 20) I like lasagna

5 Mexican recipes

Baked chicken tacos

Ingredients

½ diced onion
3 large tomatoes (about 400 g)
250 g diced chicken breast
100 g chopped jalapeños (optional)
25 g taco powder seasoning
10 corn tortillas for tacos
200 g cooked black beans
Grated cheese

At your service

Some lettuce leaves
Chopped cilantro
Jalapeños
Sour cream

Preparation

Peel the tomatoes, cut them into cubes and put them in a drainer to remove the excess liquid. Sauté the chicken cubes in a frying pan with a drizzle of oil, over high heat, about five minutes, and remove them. Clean the pan with kitchen paper, add a little more oil and sauté the onion for eight to ten minutes.

Add the tomatoes and sauté for about five minutes, stirring often. Incorporate the chicken again and add the taco seasoning and, if desired, the chopped jalapeños. Cook for about five minutes and remove from heat. Preheat the oven to 200 ° C. Place the corn tortillas in a baking dish, side by side. Next, put a tablespoon of beans at the base of each tortilla, add another tablespoon of filling, and finally sprinkle with grated cheese. Bake the tacos for ten to twelve minutes, until the cheese has melted. Remove them and add the last ingredients, cold: lettuce cut into thin julienne strips, chopped coriander, more jalapeños and sour cream. And to eat!

Mexican guacamole

Ingredients

2 ripe avocados
¼ finely chopped onion
1 or 2 chopped tomatoes
1 jalapeño, finely chopped (optional)
3 or 4 sprigs of chopped coriander
The juice of ½ lime
Salt

To accompany

Nachos or tortilla chips

Preparation

Remove the skin and the bones of the avocados, put the pulp in a bowl and mash it with a fork until you get a smooth and creamy paste. Sprinkle it with the lime juice and add the onion, tomato, salt to taste and, if you want it to be spicy, the jalapeño. Serve it fresh and accompanied by nachos or tortilla chips.

Potato pancakes with chicken

Ingredients

1 1/4 cups of water
1/2 cans of evaporated milk
1 cube of chicken broth
2 onion and garlic seasoning
1 package of potato, dehydrated to prepare puree
240 grams of chicken breast, boneless and skinless, cooked and shredded

Preparation

In a saucepan, heat the water with the Evaporated Milk for 5 minutes or until the first boil is released. Sprinkle the cube Reduced Fat Chicken Broth and the pieces of onion and garlic based Seasoning
Turn off the heat and add the dehydrated potato flakes to puree; Let them hydrate and add the shredded chicken. Mix perfectly.
Shape the mashed pancakes; Heat a Teflon pan and cook on both sides until golden.

Mole enchiladas

Ingredients

9 corn tortillas
2 chicken breasts, boiled and shredded
1/4 cups fresh coriander, chopped
2 cups of mole poblano
1/2 onion, julienned
1 Cup of Manchego cheese, grated
1 cup of fresh cream
1/2 cups chicken stock

Preparation

Preheat the oven to 250 degrees Celsius.

In a medium saucepan, dilute the mole in 1/2 cup chicken stock and cook over medium heat until it boils.

Fill each chicken omelette and roll up. Place in a large refractory previously greased with vegetable spray.

Bathe the tortillas with the mole sauce and sprinkle with the Manchego cheese and coriander.

Bake the enchiladas for 15 minutes or until the cheese is melted.

Remove from the oven and serve with the onion and fresh cream.

BBQ wings

Ingredients

1 kg. Chicken wings
1 clove garlic
1 small glass of soy sauce
Juice of 1 generous lemon (or 2 stingy lemons)
1 tbsp. very pot of honey
1 tbsp. oregano
1 jet of olive oil
Salt and pepper

Preparation

1. Wash the chicken wings and separate the thigh from the wing. I used only the part of the wings but it can be done with both.
2. Place in a baking dish. Season with salt and pepper and spoon with oregano.

3. Prepare the marinade: mix the soy sauce, honey, minced garlic, lemon juice and, if you put it, the minced chili, in a bowl. Microwave for 30 seconds. This is just to heat and melt the honey. Stir.

4. Cover the wings with the marinade and reserve as long as possible. If you are not cooking at the moment nothing happens, they can go to the oven like this.

5. Take to strong and preheated oven. When they look golden, turn them over and put them back in the oven. This step is essential so that the marinade is well impregnated on all sides. In total they are about 30-40 minutes, but it always depends on the oven.

6. Remove from the oven, roll up the sleeves and enjoy.

FOODS I DON'T LIKE

- BEAN
- VEGETABLES
 - SOUPS
 - SEAFOOD
- PEPPERONI PIZZA