Mango Salsa
Serves 4-6
Ingredients
- 1 mango, peeled and diced
- ½ cup of peeled, diced cucumber
- 1 tablespoon of finely chopped jalapeno
- ⅓ cup diced red onion
- 1 tablespoon lime juice
- ⅓ cup roughly chopped cilantro leaves
- Add salt and pepper to taste

Directions
1. Combine the mango, cucumber, jalapeno, red onion, lime juice and cilantro leaves and mix well. Season with salt and pepper, to taste.

Nutrition facts per serving: 44 Calories, .2 g fat, 11 g carbs, 1 g fiber, .6 g protein

Chicken Enchiladas
Serves 8
Ingredients
- 4 skinless, boneless, chicken breast halves
- 1 onion, chopped
- ½ pint sour cream
- 1 cup shredded cheddar cheese
- 1 tablespoon dried parsley
- ½ teaspoon dried oregano
- ½ teaspoon ground black pepper
- 1 (15 oz) can tomato sauce
- ½ cup water
- 1 tablespoon chili powder
- ⅓ cup green bell pepper, chopped
- 1 clove minced garlic
- 8 (10 inch) flour tortillas
- 1 (12 oz) jar taco sauce
- ¾ cup shredded cheddar cheese

Directions
1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium, non-stick skillet over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the skillet. Add the onion, sour cream, Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, tomato sauce, water, chili powder, green pepper and garlic.
3. Roll even amounts of the mixture in the tortillas. Arrange in a 9x13 inch baking dish. Cover with taco sauce and 3/4 cup Cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.

**Nutrition facts per serving:** 498 Calories, 15.9 g fat, 49.7 g carbs, 26.7 g protein

**Churros**

*Serves 4*

**Ingredients**

- 1 cup water
- 2 ½ tablespoons white sugar
- ½ teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup All Purpose flour
- 2 quarts oil (for frying
- ½ cup white sugar (or to taste)
- 1 teaspoon ground cinnamon

**Directions**

1. In a small saucepan over medium heat, combine water, 2 1/2 tablespoons sugar, salt and 2 tablespoons vegetable oil. Bring to a boil and remove from heat. Stir in flour until mixture forms a ball.
2. Heat oil for frying in deep-fryer or deep skillet to 375 degrees F (190 degrees C). Pipe strips of dough into hot oil using a pastry bag. Fry until golden; drain on paper towels.
3. Combine 1/2 cup sugar and cinnamon. Roll drained churros in cinnamon and sugar mixture.

**Nutrition facts per serving:** 691 Calories, 51.1 g fat, 57.1 g carbs, 3.3 g protein