



The Budget Smart Girl Newsletter

Summer Recipes

Don't know about you but where I live it's been hot, humid and I just haven't felt like cooking anything that heats up the kitchen. So check out these quick and easy recipes-

Pan-Seared Mahi-Mahi with Mango Salsa

Serves 2

3 oz Mahi-Mahi fillets
1 teaspoon plus olive oil
¼ teaspoon black pepper
1 teaspoon kosher salt
2 tablespoons diced fresh mango
3 tablespoons tomato salsa, home-made or store-bought
1 oz green lettuce leaves, remove the stem
2 **La Tortilla Factory** tortillas or wraps

1. Preheat a sautéed pan and brushed the Mahi-Mahi with oil, black pepper and salt and cook over high-medium heat for 2-3 minutes on each side or until cooked through. Cut into a 1 inch thick slices.
2. Meanwhile, combine the diced mango and tomato salsa in a bowl and mix well.
3. Place a lettuce leaf on each warm tortilla, spread half of Mahi-Mahi and 1 tablespoon plus of mango salsa on top. Fold the sides over the filling and roll into a wrap or taco.

Ground Turkey Sloppy Joes

Serves 2

Preparation time: 10 minutes cooking time: 10 minutes

1 tablespoon olive or canola oil
¼ cup coarsely chopped onion
8 oz or 1 cup ground turkey
1 tablespoon all-purpose flour
½ teaspoon garlic salt or more to taste
¼ teaspoon fresh ground black pepper
¼ teaspoon chili powder, optional for spicy
½ teaspoon plus Worcestershire sauce
¼ cup ketchup
¼ cup water
2-4 La Tortilla Factory tortillas
¼ cup shredded lettuce
3 tablespoons crumbled queso cheese or feta cheese
¼ cup salsa, optional

1. Preheat a sauce pan, add the oil and onion and cook over medium heat for 30 seconds or until the onion turn soft, add the turkey and cook for 1-2 minutes or until the meat is no longer red-color.
2. Sprinkle the flour over the meat, stirring to break-up to pieces. Season with salt, pepper and chili powder if using to taste. Add the Worcestershire sauce, ketchup, water into the mixture and simmer over medium-low heat for 1 minute or so.
3. To plate-up, place half of meat mixture on a warm tortilla and sprinkle a handful of lettuce, cheese, and salsa on top. Fold in half and serve.

For easy variation – use ½ package of sloppy joe mix (store-bought) and eliminate the seasoning ingredients.



Rotisserie Chicken with Smoked Cheddar Quesadilla

Serves 2

Preparation time: 10 minutes Cooking time: 10 minutes

1/2 cup shredded rotisserie chicken, Store-bought
2 tablespoons coarsely chopped yellow onion or 2 tablespoons onion flakes
¼ teaspoon garlic salt
¼ teaspoon freshly ground black pepper
¼ cup finely dices red bell pepper
2 tablespoons minced cilantro
1 tablespoon olive oil
2-4 La Tortilla Factory tortillas
½ cup shredded smoked Cheddar cheese
¼ cup salsa of choice

1. In a mixing bowl, combine the chicken, onion, garlic, salt and black pepper, red bell pepper and cilantro in a bowl and mix well. Divide into four portions.

2. Meanwhile, preheat a sautéed pan, and add 1 teaspoon of oil, place one tortilla on the pan.

3. Spread 2-3 tablespoons of chicken mixture and 2 tablespoons cheese on the tortilla, then place another tortilla on top, or alternately, place one tortilla and filled with chicken mixture and cheese and fold into half. Cook over medium-low heat for 1 minute or until the cheese is melted and tortilla is slightly brown. Using a spatula, flip the tortilla to other side and cook to light brown. Continue to cook the remaining tortilla. Cut in half and serve with salsa.

For more recipes using tortillas, check out www.latortillafactory.com

