

CHICKEN & LIME CILANTRO RICE TORTILLAS

Chicken Tortillas

- 1 lb boneless, skinless, chicken breast
- 2 t chili powder*
- 2 t paprika*
- 2 t cumin*
- 1 T olive oil
- 1 cup chicken broth

In small prep bowl, combine chili powder, paprika, cumin and olive oil. Add enough water to make paste. Spread on chicken breasts and put into 2.4 ltr **freshvac™** container. Refrigerate for several hours or overnight. Remove chicken from container and set aside. Wash container and add chicken broth. Seal container, open valve and microwave on high for 3 minutes. Open container add chicken and microwave on high for 5 minutes or until chicken is cooked thoroughly. Cut into thin strips.

* Note: can substitute 3 T prepared taco or chipotle seasoning for chili powder, paprika, and cumin.



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Container Size: 1.8 ltr, 2.4 ltr
Serves: 4-6
Prep Time: 20 minutes

Cilantro Lime Rice

- 1 cup water
- 2 T lime juice
- 1 T chopped garlic
- 1/2 t salt
- 1/2 cup rice
- 1 1/2 t grated lime peel
- 1 cup cilantro, chopped
- 1/2 cup parsley, chopped

In 1.8 ltr **freshvac™** container, add all ingredients except rice. Microwave on high power for 3 minutes. Add rice and microwave on high power for 8 minutes or until rice is tender and water is absorbed. Add lime peel and cilantro and toss to fluff and combine. Set aside.

Note: Microwave power and container size may vary cook time.

Garnishes - prepare while rice is cooking

- 4 Romaine lettuce leaves, thinly sliced
- 3 Roma tomatoes, chopped
- 1/2 cup green scallions, thinly sliced
- 1 cup shredded cheddar cheese
- 1/2 cup sliced black olives
- 1/2 cup diced green chilies (if desired)
- 2 cups prepared salsa
- 1 cup sour cream
- 1 package flour tortillas

Unwrap flour tortillas and place in the bottom of a 2.4 ltr **freshvac** container. Prepare lettuce, scallions, tomatoes, olives and cheese and place in **freshvac** dividers. Refrigerate until ready to assemble tortillas.

Assembly

Remove dividers with garnishes from 2.4 ltr **freshvac** container. Microwave tortillas for 20 seconds. Onto each tortilla; layer cilantro rice, sliced chicken, and garnishes in desired quantities. Roll up burrito style. Serve with salsa and sour cream.