

Aggie Soft Taco Plate

Directions for making the dinner:

Garden Salad with Mango Salsa and Honey Lime Cilantro Dressing

Make the Garden Salad and top with the Mango Salsa and Honey Lime Cilantro Dressing

Make the Garden Salad

Ingredients	4 Servings	6 Servings	8 Servings
Iceberg Lettuce	1 cup	1 1/2 cup	2 cup
Romain Lettuce	1 cup	1 1/2 cup	2 cup
Carrots, shredded or pre-packaged shredded	1/3 cup	1/2 cup	2/3 cup
Cucumber	1/4 cup	1/3 cup	1/2 cup
Tomato, diced	1/4 cup	1/3 cup	1/2 cup

Rough chop iceberg and romaine lettuce. Put in a bowl.

Shred carrots (or buy pre-shredded carrots). Add to bowl.

Peel cucumber and slice into 1/4" rounds. Add to bowl.

Chop tomatoes and add to bowl.

Transfer to serving bowl.

Make the Mango Salsa

Ingredients	4 Servings	6 Servings	8 Servings
Orange Juice	1/2 teaspoon	1 teaspoon	1 1/4 teaspoon
Lime Juice	1/4 teaspoon	1/3 teaspoon	1/2 teaspoon
Red Wine Vinegar	1/4 teaspoon	1/3 teaspoon	1/2 teaspoon
Fresh Mint	1/3 teaspoon	1/2 teaspoon	2/3 teaspoon
Green Onion	1 teaspoon	1 1/2 teaspoon	2 teaspoon
Salt	1/8 teaspoon	1/8 teaspoon	1/4 teaspoon
Brown Sugar	1/8 teaspoon	1/8 teaspoon	1/4 teaspoon
Mango, fresh or precut	3/4 cup	1 cup	1 1/4 cups
Red Pepper	1/8 cup	1/4 cup	1/2 cup

Rough chop fresh mint, set aside.

Cut green onion on a bias in 1/16" slices, set aside.

Dice mango into 1/2" pieces, set aside.

Dice red pepper into 1/4" pieces, set aside.

Combined orange juice, lime juice, and red wine vinegar. Add chopped mint, sliced green onions, salt and brown sugar and mix well.

Add diced mango and red peppers. Toss gently.

Transfer to a serving bowl.

Make the Honey Lime Cilantro Dressing

Ingredients	4 Servings	6 Servings	8 Servings
Lemon Juice	1/4 cup	1/3 cup	1/2 cup
Honey	1 tablespoon	2 tablespoons	3 tablespoons
Canola oil	2 teaspoons	3 teaspoons	1 tablespoon
Cilantro	1 teaspoon	1 1/2 teaspoon	2 teaspoons
Shallots	1 teaspoon	1 1/2 teaspoon	2 teaspoons
Black Pepper	to taste	to taste	to taste

Rough chop Fresh cilantro.

Mince shallot.

Combine lemon juice, honey, oil, cilantro, shallot, black pepper. Mix until well-blended. Adjust to taste. Set aside.

Cilantro Jasmine Rice

Ingredients	4 Servings	6 Servings	8 Servings
Vegetable Broth	1 1/2 cups	2 1/4 cups	3 cups
Jasmine Rice	1 cup	1 1/2 cups	2 cups
Salt and Black Pepper	to taste	to taste	to taste
Fresh Cilantro	1/3 ounce	1/2 ounce	2/3 ounce

Rough chop fresh cilantro. Set aside.

Rinse rice until water runs clear to remove as much starch powder as possible to keep the rice from getting gummy.

Combined rice and broth to a pot, add salt and pepper to taste.

Bring broth to a boil.

Lower the heat to low and cover the pot with a lid. Let the rice simmer until all the water is absorbed, about 10-15 minutes.

Remove the pot from the heat and allow the rice to rest for 10 minutes. Fluff with a fork.

Transfer to a serving dish and fold in cilantro.

Tacos

Instructions are for making the taco filling and preparing the tortillas. For maximum enjoyment, gather your favorite taco toppings.

Ingredients	4 Servings	6 Servings	8 Servings
Flour or Corn Tortilla 6"	8	12	16
Ground Meat (beef, turkey, chicken or equivalent plant-based filling)	1 pound	1 1/2 pounds	2 pounds
Taco Seasoning (pre-made or favorite family mix)	2 Tablespoons	3 Tablespoons	4 Tablespoons
Water	1/2 cup	3/4 cup	1 cup
Tomato Paste	2 teaspoons	2 teaspoons	3 teaspoons

In a skillet, brown the meat until cooked through. Drain excess fat/liquid.

Stir in taco seasoning, water, and tomato paste. Add more taco seasoning to taste.

Simmer for 3-4 minutes.

Transfer to a serving dish.

Heat tortillas for 5 to 10 seconds on each side until warm and pliable. Cover to keep warm until serving.

Assemble tacos with your favorite toppings such as shredded cheese, chopped lettuce, and diced tomatoes or sour cream.