

Uploaded to the VFC Website



This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

If Veterans don't help Veterans, who will?

Note

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Tequila Lime Chicken

Marinade

- 1 Cup water
- 1/3 Cup teriyaki sauce
- 2 Tbsp lime juice
- 2 Tsp minced garlic
- 1 Tsp mesquite liquid smoke flavoring
- 1/2 Tsp salt
- 1/4 Tsp ground ginger
- 1/4 Tsp tequila
- 4 Chicken breast fillets

Mexi-Ranch Dressing

- 1/4 Cup mayonnaise
- 1/4 Cup sour cream
- 1 Tbsp milk
- 2 Tsp minced tomato
- 1 1/2 Tsp white vinegar
- 1 Tsp minced canned jalapeno slices (nacho slices)
- 1 Tsp minced onion
- 1/4 Tsp dried parsley
- 1/4 Tsp Tabasco pepper sauce
- 1/8 Tsp salt
- 1/8 Tsp dried dill weed
- 1/8 Tsp paprika
- 1/8 Tsp cayenne pepper
- 1/8 Tsp cumin
- 1/8 Tsp chili powder
 - Dash garlic powder
 - Dash ground black pepper
- 1 Cup shredded cheddar/Monterey jack cheese blend
- 2 Cups crumbled corn chips

Prepare marinade by combining marinade ingredients in a medium bowl. Add the chicken to the bowl, cover and chill for no more than 4 hours. Make the mexi-ranch dressing by combining all of the ingredients in a medium bowl. Mix well until smooth, then cover dressing and chill it until needed.

When you are ready to prepare the entree, preheat the oven to high broil. Also, preheat your barbecue or indoor grill to high heat. When the grill is hot cook the marinated chicken breasts for 3 to 5 minutes per side, or until they're done. Arrange the cooked chicken in a baking pan.

Spread a layer of mexi-ranch dressing over each piece of chicken (you'll have plenty left over), followed by 1/4 cup of the shredded cheese blend. Broil the chicken for 2 to 3 minutes, or just until the cheese has melted. Spread a bed of 1/2 cup of the tortilla strips or crumbled corn chips on each of four plates.

Slide a chicken breast onto the chips on each plate and serve with your choice of rice, and pico de gallo, or salsa.

Makes 4 Servings