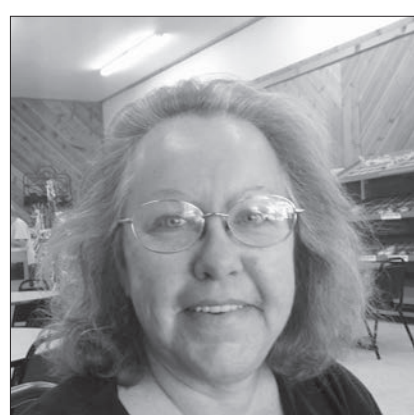


Local & Entertainment

Chicken burritos!



Homemade Goodness
By Eileen Driver

Cinco de Mayo is coming up and even though it is not an American holiday I will take any excuse to fix a special meal and since I really like Mexican food this holiday will work for me.

One of my favorite Mexican dishes is Chicken Burritos. It is also the dinner most requested by my children when they come for a visit. My youngest daughter told me that she has made them at her home but that they just don't taste as good as mine.

They don't know that I have a secret ingredient that I haven't shared with them (it keeps them coming back for more). But since they live in Seattle, Washington, and don't get this newspaper, I will share my secret with you.

Chicken Burritos

6 chicken breasts or whole chicken boiled and shredded or cooked in a crockpot (love my crockpot) the day before eating
2 taco seasoning packets
12 large tortillas refried beans spanish rice tomato, chopped or salsa or both black olives, sliced sour cream shredded lettuce shredded cheese (can be cheddar, jack, or a blend of both)

In a large skillet place shredded chicken, taco seasoning packets and (here's the secret) 1 cup chicken broth reserved from cooking the chicken. (Using chicken broth instead of water adds a huge depth of flavor).

Cook all together on medium to medium high heat until sauce is thickened.

Pile on to warmed torti-

llas along with the rest of the ingredients. Roll and enjoy.

Of course all of the ingredients in the Chicken Burrito recipe can be home-made from scratch, yes all of them, or grown at home in your garden instead of paying the high prices in the store.

Since I don't have room in this column to give you all the recipes today we will start you off on the journey to healthier less expensive Mexican food meals with making your own taco seasoning mix. It's really very simple and leaves out all the stuff we don't want in there and gives us all the flavor we crave.

Make up a single batch or a large bottle to keep on hand.

Taco Seasoning Mix

prep time: 5 minutes
2 tablespoons chili powder
2 teaspoons cornstarch
2 teaspoons oregano
1 ½ teaspoons onion powder
1 teaspoon paprika
1 teaspoon cumin
½ teaspoon garlic powder
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon cayenne pepper of red pepper flakes. (Can omit this one if you like it milder.)

Combine all seasonings in a jar and shake until well mixed. Use 2 rounded tablespoons and ½ cup of water for each pound of meat. This is light on the salt so you can add to your taste.

This seasoning mix can be used for ground beef, chicken, pork, seafood or fish tacos. Just use the same broth as your meat as a substitute for the water for awesome flavor. Your imagination is the only limit to what you can put in your tacos or burritos.

I prefer whole wheat bread so why not whole wheat tortillas with my

Mexican food. They are really easy to make and so much fresher and better tasting than the commercial made tortillas. And they can be used as wraps for sandwiches, in quesadillas, enchiladas, burritos and a lot more.

Whole Wheat Tortillas

Makes 12 large tortillas
1 ½ cups allpurpose flour
1 ½ cups whole wheat flour
¼ teaspoon baking powder

1 cup warm water (110 degrees)
2 teaspoons vegetable oil
¼ teaspoon salt

In a large bowl combine flours, salt and baking powder, mixing well, add in oil and water until dough forms.

Turn the dough on to a lightly floured board and knead until smooth. (You can also put all the ingredients into a stand mixer and let the mixer do the work)

Divide dough into 12 balls and press with a tortilla press. If you don't have a tortilla press simply roll out each ball on a lightly floured board, into a thin circle.

Drop onto a very hot ungreased griddle. Cook until brown spots appear on one side. Turn and cook other side. Eat!

These recipes ought to get you started on really good fresh tasting Mexican food that will not break the budget and will really satisfy the taste buds.

If you want to try some other homemade goodness Mexican food you can join me at 11:00 a.m. on Saturday, May 2 at the Chamber of Commerce Cinco de Mayo Lunch and May Auction held in Lion's Park in Huntington.

I will be cooking and serving Beef Enchiladas, Chicken Quesadillas, Refried Beans, Spanish Rice, Green Salad and Iced tea or lemonade for only \$6.00 a plate.

I hope you enjoy these recipes and I will look forward to seeing you at the Cinco de Mayo Lunch.

Bebe's word search

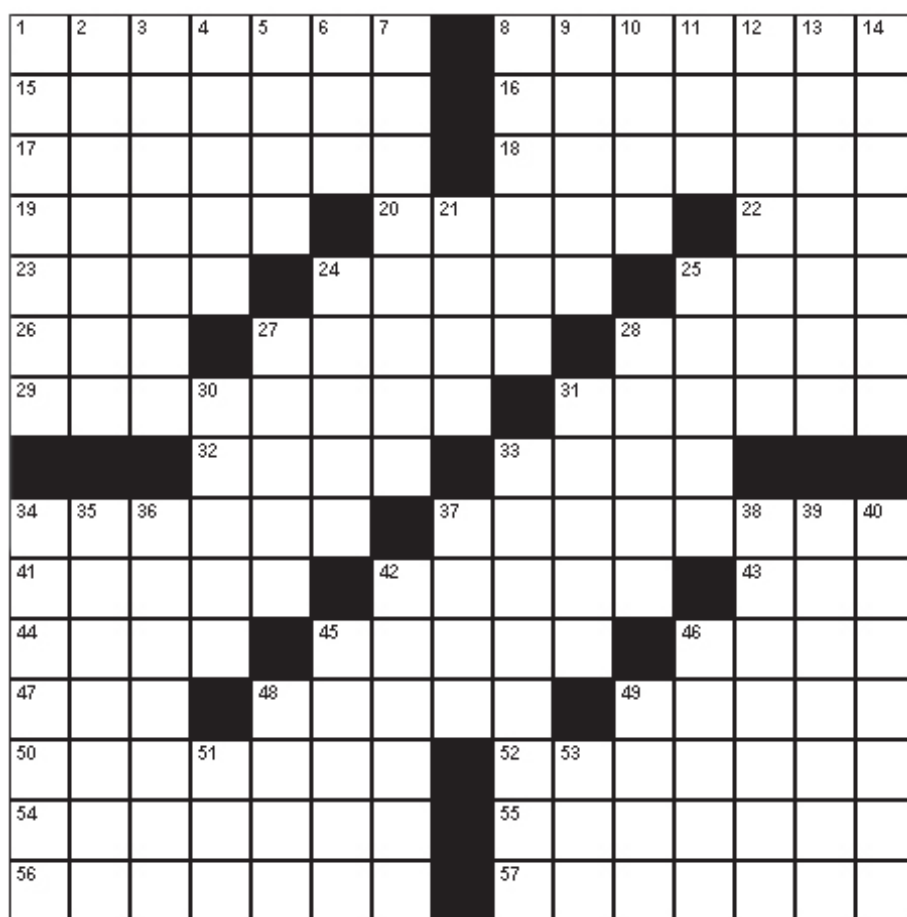
Types of Music 2

Find and circle all of the different types of music that are hidden in the grid. The remaining 15 letters spell an additional type of music.

A R O T A V E L E G S C L S T E U
H E B E B O P M R B I W N E X M R
S P V V B R L U A S L A I P N I B
I O K I A R N A U R E U E N M D A
R P C T S G A M C L I R E A G D N
I O O A E S P Z R I I A M S A L B
Y R R N P O E O I M P B C E F E O
S U K R P O W R E L O O G H R E S
P E L E T E W N G L I A R O I A S
Y T O T N E T O L O W A P T C S A
G Y F L S A C Y O E R E N I A T N
R R C A L U W H N D R P V F N E O
E T I L L O R D N A K C O R U R V
G N T E O R O F P O H P I R T N A
G U L D S A L S A C I D J A Z Z K
A O E Z Y D E C O C R E B M A H C
E C C L A S S I C A L E P S O G K

- ACID JAZZ
- AFRICAN
- ALTERNATIVE
- BEBOP
- BLUES
- BOLLYWOOD
- BOSSA NOVA
- BRAZILIAN
- CELTIC
- CHAMBER
- CLASSICAL
- COUNTRY
- DOO WOP
- ELEVATOR
- EUROPOP
- EXPERIMENTAL
- FOLK ROCK
- FUNK
- GOSPEL
- GRUNGE
- GYPSY
- IRISH
- MAMBO
- MARIACHI
- MIDDLE EASTERN
- NEW AGE
- NEW ORLEANS
- OPERA
- POP MUSIC
- PROGRESSIVE
- REGGAE
- ROCK AND ROLL
- SALSA
- SURF
- SWING
- TECHNO
- TRIP HOP
- TROPICAL
- URBAN
- ZYDECO

This week's crossword puzzle



Across

- 1- Pacify;
- 8- Inhuman;
- 15- Soft plain-weave fabric;
- 16- 1992 David Mamet play;
- 17- Three-pronged weapon;
- 18- Attendant;
- 19- Actress Taylor;
- 20- Geneva's river;
- 22- Permit;
- 23- ___'acte (intermission);
- 24- Wynonna's mom;
- 25- Taylor of "Mystic Pizza";
- 26- Sprechen ___ Deutsch?;
- 27- Virile;
- 28- Medicine;
- 29- Shabby;
- 31- Pull out;
- 32- "Judith" composer;
- 33- "David Copperfield" wife;
- 34- Playful;
- 37- Intrepid;
- 41- British sailor;
- 42- Ornamental coronet;
- 43- Bark sharply;
- 44- Actor Omar;
- 45- Parlor game;
- 46- Soccer legend;
- 47- "The Simpsons" bartender;
- 48- Country bumpkin;
- 49- Like dice;
- 50- Sharon, e.g.;
- 52- Perform in an exaggerated manner;
- 54- Rich white cheese;
- 55- Small black beetle;

Down

- 1- Girl on film;
- 2- Pertaining to the mind;
- 3- Artist;
- 4- Born before, senior churchman;
- 5- Sheltered, nautically;
- 6- Fall from grace;
- 7- Keep at a distance;
- 8- Busty;
- 9- 1985 Kate Nelligan film;
- 10- Shrivelled, without moisture;
- 11- The last letter of the Hebrew alphabet;
- 12- Queued up;
- 13- Earthworm;
- 14- Trellis;
- 21- Consecrated;
- 24- Nursemaid;

- 25- Not express;
- 27- Gloomy;
- 28- Earth;
- 30- Desert havens;
- 31- Flies high;
- 33- Stalemate;
- 34- Pertaining to Flanders;
- 35- Comeback;
- 36- Endanger;
- 37- Process of combustion;
- 38- Examine closely;
- 39- Short silique;
- 40- Apparition;
- 42- Captivating;
- 45- Part of the large intestine;
- 46- Blender setting;
- 48- Abominable Snowman;
- 49- Yield;
- 51- Swiss peak;
- 53- Moving vehicle;

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