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# FOOD

## Taco Salad with Ranch Dressing

*Juicy chicken breast strips are tossed with lettuce, two cheeses, olives and crushed chips and tossed with a Tex-Mex styled ranch dressing. Makes 6 servings.*

### Ingredients:

- 1 pound skinless, boneless chicken breast meat
- 1 teaspoon chili powder
- 1 pound lettuce, chopped
- 3/4 (8 ounce) jar medium salsa
- 1 (8 ounce) bottle Ranch-style salad dressing
- 1 cup shredded Cheddar cheese
- 1/4 cup shredded Monterey Jack cheese
- 1/4 cup chopped black olives
- 1 cup crushed tortilla chips

### Directions:

1. Cook the chicken breasts in a medium skillet over medium high heat for 12 to 16 minutes, or until chicken is cooked though and juices run clear. Let cool slightly then slice into strips.
2. In a large bowl, toss together the chicken, chili powder, lettuce, salsa, dressing, Cheddar, Monterey Jack, olives and tortilla chips until evenly coated. Chill until ready to serve.



## Salsa Chicken Burrito Filling

*Quick, easy burrito/taco filling that is delicious and freezes great! I serve this with tortillas, shredded Cheddar cheese and little sour cream. Makes 4 servings.*

### Ingredients:

- 2 skinless, boneless chicken breast halves
- 1 (4 ounce) can tomato sauce
- 1/4 cup salsa
- 1 (1.25 ounce) package taco seasoning mix
- 1 teaspoon ground cumin
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- hot sauce to taste

### Directions:

1. Place chicken breasts and tomato sauce in a medium saucepan over medium high heat. Bring to a boil, then add the salsa, seasoning, cumin, garlic and chili powder. Let simmer for 15 minutes.
2. With a fork, start pulling the chicken meat apart into thin strings. Keep cooking pulled chicken meat and sauce, covered, for another 5 to 10 minutes. Add hot sauce to taste and stir together (Note: You may need to add a bit of water if the mixture is cooked too high and gets too thick.)

