

Tres Leches Cake

Ingredients

5 large eggs whites and yolks separated
½ cup (113 g) butter softened
2 cups (400 g) granulated sugar divided
1 ½ teaspoons vanilla extract
2 cups (250 g) all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
1 cup (235 ml) milk

LECHES TOPPING

14 oz (397 g) sweetened condensed milk
12 oz (340 g) evaporated milk
½ cup (118 ml) heavy cream
½ teaspoon vanilla extract

WHIPPED CREAM

1 ½ cups (355 ml) heavy cream
½ cup (65 g) powdered sugar
½ teaspoon vanilla extract
Ground cinnamon for sprinkling optional

Instructions

Preheat oven to 350F (175C) and spray a 9×13 glass baking dish with baking spray. Set aside.

Place egg whites in a large bowl or in the bowl of a stand mixer and use an electric mixer or your stand mixer's whisk attachment to beat until foamy. Gradually increase mixer speed to medium-high and add just 1 cup (200g) of sugar, adding about 2 Tablespoons at a time and allowing about 10 seconds after each addition. Increase mixer speed to high and beat until egg white mixture is thick and glossy and you achieve stiff peaks (much like you are making a meringue).

If you used a stand mixer, scoop egg whites into a separate clean bowl and set aside and carry on using the same bowl for the next step (no need to clean the bowl). If you used an electric hand mixer, just grab a new bowl at this point.

Place softened butter and remaining 1 cup (200g) of sugar in bowl. Beat until creamy and well-combined.

Add egg yolks, one at a time, stirring after each addition.
Stir in vanilla extract.

In a separate bowl, whisk together flour, baking powder, and salt.

Using a spatula and stirring by hand, alternate adding milk and flour mixture to your egg yolk mixture (I usually do this in about 4 parts, about ¼ cup of the milk at a time and ¼ of the flour mixture at a time).

Once milk and flour have been stirred into egg yolk mixture, grab your egg white meringue from earlier and use a spatula to gently fold meringue into batter. Make sure it is completely combined and no white spots of egg remain, but use a gentle hand to not deflate the egg whites or over-mix the batter or you'll have a dense cake.

Spread batter evenly into prepared 9×13 pan and transfer to 350F (175C) oven and bake for 35-40 minutes.

Once cake has finished baking, allow to cool for about 30-60 minutes.

LECHES TOPPING

Once cake has cooled (do not invert it, leave it in the cake pan), prepare topping by whisking together condensed milk, evaporated milk, heavy cream, and vanilla extract.

Use a large fork or a wooden skewer to poke holes all over the cake (poke down to the bottom of the cake pan). Pour milk mixture slowly and evenly over cake. Cover and transfer cake to refrigerator and allow to chill for at least several hours or overnight.

Once ready to serve, prepare whipped cream:

WHIPPED CREAM

Combine heavy cream, powdered sugar, and vanilla extract in a large bowl and use an electric mixer to beat until thickened and you achieve stiff peaks and a Cool Whip consistency.

Spread whipped cream over tres leches cake and sprinkle with ground cinnamon, if desired.
Ground cinnamon for sprinkling

instant pot horchata

I love *horchata*, but I can't drink the one you get in restaurants because of all the sugar. The mixes are fabulous but, once again, too sugary. I tried making my own rice milk, and it's a little bit of a hassle, especially when you can easily get unsweetened rice milk. This unconventional method of making *horchata* produces a very authentic-tasting drink.

ACTIVE TIME:
5 minutes

FUNCTION:
Pressure Cook/Manual (High)

RELEASE:
Natural; Quick

TOTAL TIME:
30 minutes

Egg-Free, Dairy-Free, Gluten-Free, Grain-Free, Soy-Free, Vegetarian,
Vegan, 30 Minutes or Less, 10 Ingredients or Less • SERVES 4

32 ounces (4 cups) unsweetened rice milk

6 tablespoons sugar or sweetener of choice

1 stick cinnamon, broken into several small pieces

1. In the Instant Pot, combine the rice milk, sugar, and cinnamon. Secure the lid on the pot. Close the pressure-release valve. Select **PRESSURE COOK/MANUAL** and set the pot at High pressure for 4 minutes. At the end of the cooking time, allow the pressure to release naturally for 10 minutes, then release any remaining pressure.
2. Serve the horchata over ice or, even better, chill it so you're not diluting it further.

PER SERVING:

Calories: 123 kcal • Total Fat: 3 g • Saturated Fat: 1 g • Sodium: 128 mg •
Total Carbohydrates: 26 g • Fiber: 3 g • Sugar: 21 g • Protein: 1 g

Chicken Black Bean Enchilada Skillet

heatherlikesfood.com

MAKES: 4 servings

Heather Cheney is a food blogger, recipe developer, and photographer currently living in Utah. A former caterer, baker and cake decorator, she learned to love food in culinary school 12 years ago. She now passes that love and knowledge onto readers of Heather Likes Food, hoping to empower home cooks with the skills they need to create flavor-packed meals.

INGREDIENTS

10 ounces Rotel Tomatoes with Green Chiles I used the MILD variety
10 ounces enchilada sauce
14.5 ounces black beans drained
3 whole boneless skinless chicken breast halves (I use rotisserie chicken in a pinch)
salt and pepper
12 whole corn tortillas cut into bite-sized squares
1 1/2 cup mozzarella or jack cheese shredded
2 whole green onions chopped

DIRECTIONS

1. In a large skillet combine rotel tomatoes with enchilada sauce and black beans. Bring to a simmer over medium heat.
2. Season chicken with salt and pepper and place into the skillet with the sauce. Bring to a simmer, cover, reduce heat to low and cook about 15 minutes or until chicken is cooked through.
3. Preheat broiler on HIGH.
4. Remove chicken from the pan and shred or cut into bite-sized pieces. Stir chicken and tortilla pieces into the sauce and bring to a simmer. Reduce heat to low, cover and cook for 5 minutes.
5. Sprinkle cheese over the top of the enchilada mixture and place under the broiler for 3-4 minutes or until the cheese is melted and starting brown.

Black Bean and Corn Salad Recipe

When time is tight but flavor is non-negotiable, this zesty bean and corn salad comes to the rescue. With just a handful of ingredients and zero cooking, it's ready to serve faster than you can set the table—seriously! Perfect for busy weeknights or a last-minute addition to any meal.

Ingredients

- 1 can black beans (14 ounces), rinsed and drained
- 2 cups frozen corn kernels
- 1 small red bell pepper, seeded and chopped
- 1/2 red onion, chopped
- 1 1/2 teaspoons ground cumin (half a palmful)
- 2 teaspoons hot sauce, such as Tabasco (eyeball it)
- 1 lime, juiced
- 2 tablespoons vegetable oil or olive oil (eyeball it)
- Salt and pepper

Directions

Combine all the ingredients in a bowl. Let stand for at least 15 minutes for the corn to fully defrost and the flavors to combine, then toss and serve. The corn will also place a quick-chill on this easy side-salad as it defrosts – no need to refrigerate!

Green Enchilada Casserole

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| 3 | large onions, chopped, divided | 2 | 4 ounce cans mild green chilies, drained and chopped |
| 1 | large clove garlic, minced | 2 | dozen corn tortillas, cut in pieces |
| 3 | tablespoons olive oil | 3 | cups cooked, boneless, diced chicken |
| 3 | pounds fresh tomatillos verdes (green tomatoes), peeled, cored, and cut into eighths | 1 | pound mozzarella cheese, grated |
| 1 | tablespoon snipped fresh cilantro or 1 teaspoon dried coriander | | Sour cream to taste |
| 1 | teaspoon salt | | Picante sauce to taste |

Sauté 1 chopped onion and garlic in olive oil until wilted but not brown. Add tomatillos, cover, and simmer until soft. Add cilantro, salt, and chilies. Purée in blender. This sauce may be prepared and frozen ahead of time. Grease a casserole with olive oil. Layer $\frac{1}{2}$ the tortillas, chicken, remaining onion, cheese, and sauce. Repeat layers ending with sauce and cheese. Bake at 325° for 1 hour or until the cheese is melted and casserole is bubbly. Serve with sour cream and picante sauce.

Serves 12. Sauce freezes well.

Mrs. Reagan Houston, III (Mary Jane Lyles)

This recipe may be translated to true green enchiladas by softening each whole tortilla in oil, dipping in the sauce, filling with chicken, onion, cheese, and a little sour cream, covering with remaining sauce, and baking. Top with sour cream, broil, and serve with picante sauce.



Gazpacho Soup Pioneer Woman

Ingredients

2 cloves garlic, minced

1/2 whole red onion, diced and divided

1 whole large cucumber, diced and divided

5 whole Roma tomatoes, diced and divided

1 whole zucchini, diced and divided

2 stalks celery, diced and divided

1/4 gallon tomato juice, divided

1/4 cup extra virgin olive oil

1/8 cup red wine vinegar

2 Tbsp. white sugar

6 dashes Tabasco

1 dash salt, to taste

1 dash black pepper, to taste

Avocado, sour cream, cilantro, grilled shrimp, and grilled bread, to serve

- 1 | Combine the minced garlic with half the red onion, half the cucumber, half the tomato, half the zucchini, half the celery, half the tomato juice, olive oil, red wine vinegar, sugar, Tabasco, and a dash of salt in the bowl of a food processor or in a blender. Pulse until all ingredients are blended well; mixture will have a nice speckled, colorful texture.
- 2 | Pour into a large bowl and add the rest of the tomato juice, and half of the remaining onion, cucumber, tomato, zucchini, and celery. (Reserve the rest of the diced vegetables for garnish.)
- 3 | Stir mixture together and check seasonings, adding salt if needed. Chill soup for at least a couple of hours; soup needs to be very cold!
- 4 | Remove the soup from the fridge and stir. Check seasonings one last time. Ladle into a bowl and garnish with remaining diced vegetables, a sliver of fresh avocado, sour cream, and cilantro. Finally, place a grilled shrimp on the top and serve with grilled slices of bread. This is a to-die-for summer dinner.



Zucchini & Corn Enchiladas

from EatingWell

Ingredients

- 1 (28 ounce) can** crushed tomatoes
- 2 cups** diced white onion, *divided*
- 2 small cloves** garlic
- 1** dried chipotle or ancho chile pepper, stemmed
- 1 ½ tablespoons** chili powder
- 1 ½ tablespoons** dried oregano, preferably Mexican
- 1 ½ teaspoons** ground cumin
- ½ teaspoon** salt
- 16 (5 to 6 inch)** corn tortillas
- 2 cups** diced zucchini
- 2 cups** frozen corn
- 2 cups** shredded Colby Jack cheese, *divided*

Preparation Steps

1. Preheat oven to 425 degrees F.
2. Combine tomatoes, 1 cup onion, garlic, chile, chili powder, oregano, cumin and salt in a blender; puree on high until smooth, about 1 minute.
3. Spread 1/2 cup of the sauce in a 9-by-13-inch baking dish. Layer 4 tortillas over the sauce. Top with 1/2 cup zucchini, 1/2 cup corn, 1/2 cup cheese and 1/4 cup of the remaining onion. Repeat the layers twice. Top with the remaining tortillas, zucchini, corn and onion. Spread the remaining sauce on top.
4. Coat a large piece of foil with cooking spray and cover the baking dish tightly. Bake the enchiladas for 10 minutes. Remove the foil and sprinkle on the remaining 1/2 cup cheese. Continue baking until the cheese is melted and the edges are starting to brown, 15 to 20 minutes longer.

Notes

Skip rolling and just layer these quick and easy enchiladas. This recipe uses a quick blender sauce, but if you're short on time, pick up a can of your favorite red enchilada sauce in the international aisle of your grocery store--you'll need about 3 cups.

Nutrition

Calories: 301 calories

Eat 11.5 ~

