

Entrees

[nestie] swapluck

from the kitchen of: Evonne

nestie: MrsBabySalute

name of dish: **Asian Noodles with Chicken & Pineapple**

Serves: 4

- **6 ounces green beans, trimmed and halved lengthwise (2 cups)**
- **1 red bell pepper, seeds and ribs removed, thinly sliced lengthwise**
- **8 ounces rice noodles or angel hair pasta**
- **Coarse salt and ground pepper**
- **1 pound boneless, skinless chicken-breast halves**
- **½ cup fresh lime juice**
- **¼ cup soy sauce**
- **1 tablespoon sugar**
- **½ fresh pineapple, peeled, cored, and sliced into bite-size wedges (2 cups)**
- **¼ cup fresh mint, chopped and ½ cup peanuts, chopped**

[nestie] swapluck

from the kitchen of: Evonne

nestie: MrsBabySalute

name of dish: **Asian Noodles with Chicken & Pineapple**

Serves: 4

- In a large pot of boiling water, cook beans until crisp-tender, about 3 minutes. Add bell pepper, and stir to submerge. Using a small sieve, transfer vegetables to a bowl. Add noodles to boiling water, and cook until al dente according to package directions, 4 to 6 minutes. Drain, rinse thoroughly with cold water, and reserve.
- Meanwhile, in a small skillet, bring 1 cup salted water to a simmer over medium heat. Add chicken breasts; cover, and cook 5 minutes. Turn off heat; let steam until chicken is cooked through, 5 to 10 minutes. When cool enough to handle, shred chicken with a fork.
- In a large bowl, whisk together lime juice, soy sauce, and sugar. Add reserved vegetables and noodles, chicken, pineapple, mint, and 1/4 cup peanuts; season with salt and pepper. Toss to coat with dressing. Serve immediately, topped with remaining 1/4 cup peanuts.

[nestie] swapluck

from the kitchen of: Angela
name of dish: **Seven Layer Tortilla Pie**
serves: 6

nestie: Angelabfb

- **2, 15oz. Pinto beans, rinsed and drained**
- **2 c. Salsa**
- **2 cloves Garlic (minced)**
- **2 T. Cilantro (chopped)**
- **1, 15oz. Black beans, rinsed and drained**
- **½ c. Tomatoes (chopped)**
- **7, 8in. Flour tortillas**
- **2 c. Cheddar cheese (shredded)**
- **½ c. Sour cream**

[nestie] swapluck

from the kitchen of: Angela
name of dish: **Seven Layer Tortilla Pie**
serves: 6

nestie: Angelabfb

- Preheat oven to 400
- In large bowl, Mash pinto beans. Stir in garlic and ¼ c. salsa
- In a separate bowl, mix together ¼ c. salsa, cilantro, black beans, and tomatoes
- Place 1 tortilla in a pie plate or tart dish. Spread ¾ c. pinto bean mixture over tortilla to within ½ in. of edge. Top with ¼ c. cheese and cover with another tortilla. Spread ⅔ c. black bean mixture and top with ¼ c cheese.
- Repeat, layering twice. Cover with last tortilla and spread with remaining pinto bean mixture and cheese.
- Cover with foil and bake for approx. 40 mins.
- Cut into wedges and serve with salsa and sour cream

