

Cooking with the Club

by Chef Robert Larios



100th Alive!

SPECIAL EDITION

Super Duper Nachos

DIRECTIONS:



Before you begin cooking, always have your ingredients washed, dried and prepped.



Take a skillet or nonstick pan and add the olive oil, then the minced garlic, onions and chicken. Let cook until browning is observed.



Place a layer of white tortilla chips on a large plate. Add some of the chicken mixture on top of chips. Add a layer of cheese. Then add a sprinkle of green onions and some of the salsa and refried beans. After that add a layer of blue corn tortilla chips. Continue with these steps until you run out of ingredients.



Once you've used all your ingredients, check to see if the cheese needs more melting. If so, place in an oven or microwave to melt the cheese further. Add some cilantro.

Just in time for football playoffs – a nacho recipe! And not just any nachos – super duper nachos.

There is a wide variety of nachos recipes. Some call for ingredients like shrimp, beef, chicken and even fish. Others include green salsa or black olives. What makes nachos, nachos is that they must have salsa, cheese and tortilla chips. If you have ever been to a baseball or football game, concession stands will have tortilla chips, cheese and salsa available. You may even be lucky enough to be offered jalapeños.

In this recipe, the ingredients are available from most markets and the steps are easy. What's incredible is the flavor! You'll love it! It's all about layering the ingredients on top of each other... much like you would with lasagna. Feel free to add black olives, sour cream, green chilies or my favorite – jalapeños.



Super Duper Nachos

INGREDIENTS:

- 1/2 large tomato, diced
- 4 cloves garlic, chopped
- 1/4 cup extra virgin olive oil
- Sea salt and pepper to taste
- 6 green onions, diced
- 1/2 medium white onion
- 1 cup salsa (preferably pico de gallo)
- 1/4 cup cilantro
- 1 cup shredded cheddar and Monterey Jack
- 1/2 cup refried beans
- 1 package already cooked chicken breast
- 1 bag white or yellow tortilla chips
- 1 bag blue tortilla chips

Makes 4 Servings



Cooking TIDBIT:

If you can't find white or blue corn tortilla chips, use whatever plain tortilla chips you can find, preferably without salt added to the chips. You'll have very salty nachos if you do.

[A Cook's Dictionary]

Nachos:

A crisp tortilla chip topped with melted cheese (usually cheddar) and chopped chilies, usually served as an appetizer or snack. Nachos sometimes appear on menus as "Mexican pizza," in which case they generally have additional toppings including cooked, ground chorizo, onions and sometimes olives.

– From the *The New Food Lover's Companion*, Sharon Tyler Herbst, 1995, Barron's Educational Series.



Send Us Your Recipes!

If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0398 or e-mail us at talkback@cityemployeesclub.com



Chef Larios says, "Enjoy!"



Food Factoid:

"Dig the well before you are thirsty."

– Chinese Proverb