

Annie's Organic Buying Club

making organics affordable for everyone!



Celebrate Cinco de Mayo organically this week. This day commemorates the victory of the Mexican Army in the Battle of Puebla in 1862. Prepare some delicious Mexican dishes with our great shares this week.

Guacamole & Salsa are more than just for chips. Try them as a dip with your crudité vegetables with baby carrots and sliced peppers, use as a topping for breakfast eggs or on toast, or as a topping to fish, chicken or big Portobello mushrooms. Can also be served over rice, or as a spread in sandwiches.

Guacamole

- 2-3 Avocados, cut open, remove pits, chop and scoop out of the shell
- Onions or Scallions, chopped
- 1-2 Roma Tomatoes, chopped
- Garlic, chopped
- Handful of Cilantro leaves, chopped
- Sea Salt
- Lime Juice

Ripen avocados in your refrigerator or on your counter for several days. It should be slightly soft to your touch. Mix everything. If you like it chunky, mix more gently.

Salsa

- 3-4 ripe roma tomatoes
- 2-3 scallions or 1 chopped onion
- 1-3 jalapenos chopped thin
- 2 cloves of garlic minced
- Handful of chopped cilantro
- Sea salt, pepper

Mix it all together. Some people like it chunky and some like it pulverized so it's up to you! Salsa can be prepared and enjoyed raw or you can simmer it to the desired consistency.

Cinco de Mayo Recipe for Smooth Guacamole -Serves Four

4 ripe avocados, 1/2 red onion chopped, juice of 3 limes, salt, ground pepper, 1 garlic clove minced, 1 handful of fresh cilantro finely chopped and extra-virgin olive oil.

Guacamole Cinco de Mayo Recipes by Hispanic-Culture-Online.com

- 4 ripe avocados
- 1/2 red onion chopped
- juice of 3 limes
- salt
- ground pepper
- 1 garlic clove minced
- 1 handful of fresh cilantro finely chopped and extra-virgin olive oil.



Cut the avocados in half and take the pit out. Scoop out the flesh with a tablespoon into a mixing bowl. Mash the avocados very well with a fork. Add the remaining ingredients, and gently mix. The lime helps you avoid blackening. Refrigerate 1 hour before serving.

Mexican Casserole -Chicken & Enchilada Cinco de Mayo Recipes by Hispanic-Culture-Online.com

- 2 cups of cooked chicken/beef/pork in cubes or strips. suggestion: marinate with cumin.
- 1-16 oz can of drained black beans
- 1 (4.5 ounce) can diced and drained green chile peppers
- 1 Handful of fresh cilantro,
- 1 (10 ounce) can red enchilada sauce, 2 cups of shredded Mexican blend cheese,
- 1 (8 ounce) container of sour cream.



Mix chicken, beans, chile and cilantro in a bowl. Use an 11x7 inch baking dish. to layer 4 tortillas. Use some sauce at the bottom before you place the tortillas. Add chicken mixture over the tortillas, and sprinkle with cheese and sour cream. Add a second tortilla layer and again add chicken mixture over the tortillas, sprinkle with cheese and sour cream, and add more sauce. Cover dish with a lid or aluminum foil. Bake for 30 minutes in the preheated oven at 375 degrees F (190 C). Sprinkle the remaining cheese over the top and dot with sour cream. Continue cooking, uncovered until cheese melts. Let stand 10 minutes before serving.

Taco Bar or Giant Taco Salad

- Taco Shells, warmed
- Shredded or chopped Lettuce
- Shredded cheese
- Chopped tomatoes
- Sliced olives
- Shredded carrots
- Guacamole or chopped avocado
- Sour cream
- Salsa

Offer each in a little serving container for a make-your-own taco bar or pile one on top of the other for a giant taco salad.

Mexican Pineapple Salad by Gourmet on Epicurious

- 1 (3-pound) pineapple, peeled and diced
- 1/2 pound jicama, peeled and cut into 1/4-inch pieces
- 1 (7-to 8-ounce) avocado, cut into cubes
- 1 small red onion, thinly sliced (1/2 cup)
- 2 tablespoons olive oil
- 1 tablespoon distilled white vinegar

Toss together all ingredients with 3/4 teaspoon salt and 1/2 teaspoon pepper.



Simple Mexican Soup

- 2-3 diced roma tomatoes or 1 28oz can of diced tomatoes
- 1 diced onion
- 1-2 corn kernels
- 1 medium zucchini, chopped (optional)
- 1 jalapeno, chopped fine
- 2 cloves garlic, minced
- Chicken or vegetable broth
- Sea salt & pepper
- Handful of chopped cilantro
- Lime
- Chips

Sauté onion, corn, zucchini, garlic, and jalapeno. Add chopped or canned tomatoes, sea salt, pepper, and broth. Simmer. Top with cilantro, lime and some chips before serving.

MEXICAN TORTILLA AND LIME SOUP by ThePerfectPantry

A rotisserie chicken makes this easy, or use any leftover cooked chicken. You can make the soup and crisp the tortillas ahead of time; store separately in covered containers. Recipe adapted from *Latin & Caribbean Stores Demystified*, by Linda Bladholm. Serves 4-6.



- 2 oat bran or whole wheat tortillas
- 4 cloves garlic, peeled
- 1 canned chipotle chili in adobo, plus 1/2 tsp adobo sauce
- 2 cups cooked chicken breast, shredded (I used rotisserie chicken from the market)
- 2 Tbsp vegetable or canola oil
- 2 medium onions, finely chopped
- 3 medium tomatoes, chopped
- 6 cups chicken stock (homemade or low-sodium canned)
- Juice of 2 limes, plus the rinds (4 halves of squeezed lime)
- 1 tsp dried Mexican oregano
- 1 bay leaf
- Kosher salt and fresh black pepper to taste
- Chopped garnishes: red onion, avocado, radishes, queso fresco (or crumbled feta cheese), cilantro (some or all, optional)

Preheat oven to 425°F.

Slice tortillas into thin matchsticks, 2-3 inches long, and spread on a cookie sheet. Leave out on the countertop to get a bit stale, for 30-60 minutes, while you prepare the soup.

In a small food processor or with a mortar and pestle, puree the garlic and chipotle, and set aside.

In a large saucepan, heat the oil. Sauté onion until soft, 2-3 minutes. Add tomatoes and garlic-chili puree, and stir 2-3 minutes. Add 1/2 tsp adobo sauce, stock, lime juice, lime halves, oregano and bay leaf. Bring to a boil, reduce heat, and simmer 10 minutes. Add shredded chicken, and season with salt and pepper. Remove lime rinds. Set soup aside, covered.

Bake the tortilla strips for 10 minutes, or until crisp and browned. Ladle soup into individual serving bowls, and garnish with a few tortilla strips. Pass bowls of garnishes for each person to add, to taste.

Albondigas Soup by Simply Recipes

- 2 Tbsp olive oil
- 1 large onion, chopped
- 1 large garlic clove, minced
- 3 quarts of chicken stock or beef stock OR water OR a mixture of both (we usually use half stock half water as the meatballs will create their own stock)*
- 1/2 cup of tomato sauce
- 1/2 lb of string beans, strings and ends removed, cut into 1 inch pieces
- 2 large carrots, peeled and sliced
- 1/3 cup of raw white rice
- 1 pound ground beef
- 1/4 cup of chopped fresh mint leaves
- 1/4 cup of chopped parsley
- 1 raw egg
- 1 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- A dash of cayenne (optional)
- 1 1/2 cup of frozen or fresh peas
- 1 teaspoon of dried oregano, crumbled, or 1 Tbsp fresh chopped oregano
- Salt and pepper
- 1/2 cup chopped fresh cilantro



*If using prepared stock, be sure to use gluten-free stock if you are cooking gluten-free.

Heat oil in large heavy-bottomed pot (5-qt) over medium heat. Add onion and cook until tender, about 5 minutes. Add the garlic and cook a minute more. Add broth mixture and tomato sauce. Bring to boil and reduce heat to simmer. Add carrots and string beans.

Prepare the meatballs. Mix rice into meat, adding mint leaves and parsley, salt and pepper. Mix in raw egg. Form mixture into 1-inch meatballs.

Add the meatballs to the simmering soup, one at a time. Cover and let simmer for 1/2 hour. Add the peas towards the end of the 1/2 hour. Add a few pinches of oregano and sprinkle with salt and pepper, and a dash of cayenne, to taste.

If fresh mint is not available, you can use a couple teaspoons of dried mint from herbal mint tea. You can also vary the vegetables depending on what you have on hand. Spring peas in their pods instead of shucked peas, for example. Or you could add some chopped fresh zucchini or corn. My mother often puts a couple extra tablespoons of chopped fresh mint directly into the soup. Feel free to substitute ground turkey for the ground beef, we do it often.

Garnish with chopped fresh cilantro.

Zucchini Cilantro Dip by AllRecipes

- 1 1/2 pounds zucchini, coarsely shredded
- 1 (8 ounce) can garbanzo beans, rinsed and drained
- 1 cup packed cilantro leaves
- 1 garlic clove
- 3 tablespoons NAKANO® Seasoned Rice Vinegar - Original or Roasted Garlic
- 3 tablespoons olive oil
- 1 jalapeno pepper (optional)

Line a large baking sheet with clean dish towel; spread zucchini over towel. Sprinkle with 3/4 teaspoon salt; let stand 5 minutes. Roll zucchini in towel; squeeze out moisture.

In food processor, combine zucchini, garbanzo beans, cilantro, and garlic; process until smooth. Add vinegar, oil, 1/4 teaspoon pepper, and jalapeno, if desired; process 10 seconds. Adjust salt to taste.

Serve dip with chips, carrot sticks, cucumber slices, toasted baguette slices, or pita bread wedges.

Pan Roasted Zucchini with Cilantro-Mint Gremolata by Oprah.com

- 5 tablespoons chopped fresh mint leaves
- 5 tablespoons chopped fresh cilantro leaves
- 1 clove garlic , peeled and finely chopped
- Zest of 1 large lemon (or 2 small), finely chopped
- 3/4 teaspoon coarse salt , plus more to taste
- Freshly ground black pepper
- 8 slender green zucchini , trimmed and halved lengthwise
- 1 1/2 tablespoons olive oil
- 5 tablespoons dried breadcrumbs

Place mint in a small bowl and add cilantro, garlic, lemon zest and 1/4 teaspoon salt. Add pepper to taste and toss with fingertips, making sure lemon zest and garlic are evenly dispersed. Set aside at room temperature so flavors have time to marry well. In a large bowl, toss zucchini with olive oil and 1/4 teaspoon salt. Set aside for 15 to 20 minutes.

Preheat oven to 350°. Place zucchini on a plate cut side up and sprinkle with remaining 1/4 teaspoon salt. Transfer zucchini, cut side up, to a roasting pan and cook until tender and slightly brown, 15 to 20 minutes.

Arrange zucchini on a serving plate, browned side up. Just before serving, toss breadcrumbs with gremolata and scatter over zucchini. Serve warm or at room temperature.

Quick Zucchini with Toasted Garlic & Lime by FatFree.com from Authentic Mexican by Rick and Deann Bayless.

- 1 pound small zucchini (I use yellow squash)
- 1 scant tsp salt or to taste
- 2 tablespoons vegetable broth
- 5 cloves garlic, sliced thin
- 1 tablespoon freshly squeezed lime juice
- heaping 1/4 teaspoon freshly ground black pepper
- 1-1/2 teaspoons fresh chopped oregano (1/2 tsp dried)
- 2 tablespoons chopped flat leaf parsley

Put the zucchini in a colander and sprinkle with salt and toss. Let stand in the sink or over a plate for 30 minutes. Rinse and then dry with paper towels. Heat the broth and saute the garlic until lightly browned. Do Not Burn! Scoop out the garlic and set aside.

Add squash and saute, stirring frequently, for about 10 minutes, until tender, but still srunchy. Remove from heat. Stir in the garlic and lime; toss thoroughly. Sprinkle with the pepper, oregano, and parsley. Mix. Taste for salt and serve warm.

CILANTRO ZUCCHINI by Ndamc.com/recipes

- Zucchini, cut into slices
- Roma tomatoes, diced
- Garlic, chopped
- Olive oil
- Lime juice
- Cilantro, fresh, chopped
- Sea salt

Heat olive oil in pan. Sauté zucchini and tomatoes with garlic, lime juice, cilantro, sea salt until zucchini and tomatoes are tender.

Key Lime Zucchini by VegWeb

- 2 large zucchinis
- 1 teaspoons key lime juice
- 1 teaspoon maple syrup
- 4 tablespoons extra virgin olive oil
- Pinch of salt

Mix oil, lime juice, and syrup in a bowl set aside. Slice zucchinis 1/4 inch thick and brush one side with oil mixture. Place in a broiler safe pan and broil for 5 to 7 minutes, or until browned. Flip and broil other side. Enjoy.

Spicy Silvered Green Beans with Lime by ModernBeet.com

- 1 large handful of young green beans (about 1/3lb), ends trimmed
- Olive Oil
- 3/4 t. red pepper flakes
- 1/2 T. minced cilantro
- juice from 1/2 a lime

Stack the green beans so they are all facing the same direction. Slice the green beans into roughly 1/2 inch slices.



Heat olive oil in a medium skillet over medium high heat. Once the oil is hot, add green beans and saute for about 1 minute. Mix in red pepper flakes. Cover skillet with a tight fitting lid or plate, and cook for an additional 1 minute or so, until beans are bright green. Remove lid and mix in cilantro and lime juice. At this point, the beans will be warm but still crisp. If you like your beans a little softer, cook an additional 1-3 minutes; otherwise, serve right away. Enjoy!

Spicy Stir-Fried Green Beans and Scallions by RecipeZaar

- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons sugar
- 1/2 teaspoon red pepper flakes
- 2 tablespoons peanut oil
- 3/4 lb green beans, cut on bias into 1 . 5-inch pieces
- 4 scallions, cut into 1 . 5-inch pieces
- 1 teaspoon peanut oil
- 3 garlic cloves, mashed



Mix soy sauce, vinegar, sugar, pepper flakes and 1 tablespoon water in a small bowl. Set aside.

Heat a heavy skillet (12") over high heat until extremely hot. Carefully swirl 2 tablespoons oil to coat the bottom. Fry green beans, flipping every 30 seconds or so with a wide spatula, until slight charred and crisp-tender - about 4 minutes. Add scallions, continue cooking in same manner until scallions are charred and beans are tender.

Make a well in the center of the pan; mash garlic and remaining 1 t. oil together. Fry until fragrant - about 5 seconds - and stir into vegetables. Add soy mixture and toss into vegetables to coat; Cook until liquid is reduced by about half, about 15 seconds. Serve immediately.

Spicy Parmesan Green Beans and Kale by Giada De Laurentis

- 3 tablespoons olive oil
- 1 onion, sliced
- 1/4 pound cremini mushrooms, trimmed and quartered (about 14 mushrooms)
- 1 1/2 pounds green beans, trimmed and slice into 1-inch pieces
- 2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup white wine
- 1/2 teaspoon red pepper flakes
- 1 bunch kale (1/2 pound), rinsed, stemmed, and roughly chopped
- 2 tablespoons lemon juice (about 1/2 a lemon)
- 3 tablespoons finely grated Parmesan



Warm the olive oil in a large, heavy saute pan over medium-high heat. Add the onions and cook until translucent, about 4 minutes. Add the mushrooms, green beans, salt, and pepper and cook for 2 minutes. Add the wine and continue cooking until the green beans are almost tender, about 5 minutes. Add the red pepper flakes and the kale and continue cooking until the kale has wilted, about 4 to 5 minutes. Add the lemon juice and the Parmesan cheese. Toss to coat and serve immediately.

Delightful Cilantro Green Beans Recipe by GroupRecipes

- 2 lbs raw green beans, stems removed
- 1 large garlic clove minced
- 1 bunch of fresh chopped cilantro
- extra virgin olive oil to taste
- white balsamic vinegar to taste- dark is okay too
- 1 Tbs turbinado (raw natural sugar)
- salt and pepper to taste

Cook or steam washed green beans till crisp tender or as desired Run under cold water to stop further cooking. Drain well.

Place in a bowl and add garlic, sugar cilantro, oil and vinegar to taste. Salt and peper to taste.

Serve room temp or chilled as a side dish or salad. We love the crisp fresh flavors of everything

Kale Almond Pesto by Elanas Pantry

- 1 bunch kale, steamed to bright green -if you are looking for an exact measurement, I used 6 ounces
- ½ cup toasted almonds
- 3 cloves roasted garlic
- ½ teaspoon celtic sea salt
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- pinch red pepper flakes



Place kale in food processor and pulse until chopped
Add almonds and garlic, pulse again to incorporate
Pulse in salt, lemon juice, oil and pepper flakes

Continue pulsing until pesto reaches desired consistency (I like mine fairly smooth) Serve over Sesame Crackers

Roasted Green Beans with Red Pepper Puree by I heart Kale

- 1 lb. green beans or Blue Lake beans
- 1 and 1/2 tablespoons olive oil
- 1/2 teaspoon salt
- 2 red bell peppers
- 2 tablespoons tomato paste
- 1/4 teaspoon cayenne
- 1/2 teaspoon smoked Spanish paprika
- 1/2 teaspoon salt



Roast peppers in the broiler, turning until blackened on all sides. When peppers are completely blackened, remove from broiler and place in a paper bag to steam for about 15 minutes.

While peppers are steaming in their paper bag, lower the oven temperature to 400. Trim the ends off the green beans and chop into 1-inch pieces. Toss with olive oil and salt, spread in a single layer on a cookie sheet, and roast for 15-20 minutes, until browned.

When the peppers have cooled down, peel off the charred skins, discard cores and seeds and chop roughly. Throw the peppers, tomato paste, cayenne, paprika and salt in the food processor and pulse until smooth. Drizzle the resulting sauce on the now-browned green beans and serve.

Zucchini-Kale Frittata by NorthwoodsLocavore.blogspot.com

1 zucchini, shredded with coarse grater

salt (OK, not local)

1 bunch kale

2 garlic tops, diced

3 tablespoons basil, minced

3 tablespoons butter (we made our own using local cream)

6 large local eggs

2 ounces cheese (we used Organic Valley sharp cheddar, which is not within 50 miles of our house, but is within 50 miles of my parent's house, which they brought for us during their last visit)

Salt the shredded zucchini, stir well and place in a colander to drain for 30 minutes.

Heat the broiler.

Melt butter in oven proof skillet. Add the garlic tops, kale and basil and sautee for 5 to 7 minutes.

Stir the zucchini in the colander to get rid of as much excess liquid as possible. I even pick it up in a ball and squeeze out the water. Add the zucchini to the skillet and cook briefly, stirring to mix well. Reduce the heat to medium low.

Beat the eggs with a fork in a medium bowl just until they are of a uniform consistency. Add the eggs to the skillet and stir to combine with the vegetables. Cook until the surface just begins to set, about 10 minutes.

Grate the cheese over the top, distributing it as evenly as possible. Place the skillet under the broiler, as far from the flame as possible, and cook until the top is set and the cheese begins to brown, 3 to 5 minutes.

Let stand at room temperature for 5 minutes. The frittata should be just beginning pull away from the sides of the skillet. Run a thin spatula under the frittata and shake the pan to free any sticking spots. Slide onto a plate. Cut into wedges and serve.

Lemon or Lime Zucchini Muffins by KarasKitchenCreations.blogspot.com

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1-2 tsp lime or lemon zest
- 2 Tbsp lime or lemon juice
- 2 cups flour
- 1 tsp baking powder
- 1/2 tsp soda
- 1/2 tsp salt
- 2 cups shredded zucchini



Topping:

- 1 Tbsp sugar (I used raw sugar)
- 1/4 cup sliced almonds, slightly crushed

Cream butter and sugar. Beat in eggs, zest, and juice. Stir in dry ingredients, then zucchini. Spoon into well greased or paper lined muffin cups. Sprinkle with sugar, then almonds. Bake at 325 for 18-20 minutes. -Makes about 15 muffins (I made 12 muffins and a mini loaf)

Zucchini Pineapple Bread by AllRecipes

- 4 eggs
- 1 1/2 cups white sugar
- 2 teaspoons vanilla extract
- 1 cup vegetable oil
- 1 1/2 teaspoons ground cinnamon
- 3/4 teaspoon ground nutmeg
- 1 (8 ounce) can crushed pineapple, drained
- 2 cups grated zucchini
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 1/2 teaspoons baking soda
- 1 1/2 teaspoons baking powder

Combine flour, baking powder, baking soda, and salt. In a large bowl, mix oil, eggs, vanilla, sugar, cinnamon, and nutmeg. Blend in pineapple and zucchini. Stir flour mixture into zucchini mixture. Pour batter into two greased and floured 9 x 5 inch loaf pans. Bake at 350 degrees F (175 degrees C) for 1 hour. Cool on wire racks.

Mexican Pineapple Water – Agua de Pina

- 1 ripe pineapple (remember pineapples are harvested ripe, they will get juicier if you leave them in your refrigerator a couple days or on your counter for no more than a day or two)
- ½ cup agave nectar
- 2 cups ice
- 7 cups ice water

Peel and chop pineapple. Blend all the ingredients together in a blender until smooth. Strain out the pulp. Add more agave if necessary.

Mexican Pineapple Coffeecake by ThatsMyHome

Pineapple Filling:

- About 4 C. chopped fresh pineapple (1 medium pineapple)
- ¾ C. sugar
- 1 T. lemon juice
- 1 ½ t. vanilla

Cake:

- 4 ¼ C. unbleached all-purpose flour
- ½ C. sugar
- 1 t. active dry yeast
- ½ t. salt
- 1 C. milk
- ½ C. unsalted butter
- 2 t. vanilla
- 4 eggs

Cheese Filling:

- 1 lb. cream cheese, at room temperature
- ½ cup sugar
- 3 eggs
- 1 ½ t. vanilla
- Cinnamon Crumb Topping:
 - 1 C. flour
 - ⅔ C. sugar
 - 1 t. cinnamon
 - ½ C. butter, cut into small pieces

For filling:

Place pineapple in a heavy saucepan. Add sugar and lemon juice. Bring to a simmer. Reduce heat and cook, uncovered, until liquid almost evaporates, about 30 minutes. Stir in vanilla. Cool.

For the cake:

Combine 1 cup of flour, sugar, yeast and salt in a large bowl.

Heat milk and butter in a saucepan or microwave until mixture reaches 110°F.

Using a large whisk, add hot milk-butter mixture and vanilla to flour mixture; beat until well combined. Add eggs, one at a time, blending well after each. Add remaining flour, 1/2 cup at a time, to make a soft dough that just cleans sides of bowl. Switch to wooden spoon when dough becomes too thick for a whisk.

Cover bowl with plastic wrap and refrigerate for 1 hour. Turn chilled dough out onto a floured surface. Knead gently until smooth but still soft. Dust with 1 tablespoon of flour at a time to keep from sticking; do not over-flour. Place dough in a greased container, turning once to grease top. Cover and let rise at warm room temperature for 1 1/2 hours.

Meanwhile, prepare the cheese filling and crumb topping.

Cheese filling: Beat the cream cheese, sugar, eggs and vanilla in the bowl of electric mixer until smooth. Refrigerate until needed.

Topping:

Combine the flour, sugar, cinnamon and butter in food processor bowl; pulse until crumbly. After dough has risen for 1 hour, preheat oven to 350°F. Line a 12 x 18 x1-inch baking sheet with parchment. Rub with butter or shortening. Turn dough onto a lightly floured board and divide in half.

Roll out one half of the dough to a 12 x 18-inch rectangle. Fit into pan and press up along the sides. Spread cheese filling evenly over dough. Spread pineapple filling over cream cheese filling.

Roll out remaining dough to a 12 x 18-inch rectangle. Place on top of fruit filling and tuck in sides to contain filling. Crimp edges. Sprinkle crumbs on top and set cake aside for 15 minutes. Bake for 35 to 40 minutes, until golden brown and firm to the touch.

Cool and cut into squares. Serve warm or at room temperature.