



April '14

**Taco Recipes
Menu Planner**

Grocery list

Be sure to check your cupboard
before shopping for these items!

Your Wildtree Products Shopping List "Taco Recipes" Menu Planner Bundle

Natural Grapeseed Oil
Chipotle Lime Rub
Garlic Galore Seasoning Blend
Garam Masala Blend
Fajita Seasoning Blend
Java Rub
Hoisin Sauce
Tzatziki Seasoning Blend
Opal Greek Seasoning Blend
Mojito Mixer

Protein:

Mahi or white fish fillets, 12 oz
Shrimp, peeled & deveined, 2 lbs
Chicken breasts, 2 lbs
Lamb, ground, 1 lb
Beef brisket, 2 lbs
Pork tenderloin or chops, 1 lb

Fruits:

Honeydew melon, 1 cup diced
Naval oranges, 2
Lime, 1½

Bread/Pasta/Rice/Flour:

71 (6in) flour or corn tortillas

Vegetables:

Red onion, 2¾ cups
Onion, ½ cup
Yellow onion, 1
Scallion, ¾ cup & 1 tbsp
Cilantro, 10 tbsp
Mint, 3 tbsp
Red cabbage, shredded, 3 ½ cups
Cabbage, shredded, 1 cup
Bell pepper, 1
Red bell pepper, 1 ½
Mushrooms, 2 cups
Grape tomatoes, 1 cup
Tomatos, 2
Sweet potato, 1 cup
Kale, ½ cup packed
Cucumber, 1¼ cups
Carrot, 1 cup
Avocado, 1
Jicama, 1 cup
Tomatos, 2
Sweet potato, 1 cup
Kale, ½ cup packed
Cucumber, 1¼ cups
Carrot, 1 cup
Avocado, 2
Jicama, 1 cup

Dairy:

Light sour cream, ¼ cup
Eggs, 3
Milk, 3 tbsp
Greek yogurt, 1½ cup
Feta cheese, ¼ cup

Misc. Items:

Lime juice, 1 tbsp
Sriracha, to taste
Apple cidar vinegar, ¼ cup & 1 tsp
Red wine vinegar, 2 tsp
Rice wine vinegar, 1 tbsp
Beer, 12 oz
Sake, 1 tbsp
Brown sugar, 1 tbsp
Honey, 1 tbsp
Tomato paste, 2 tbsp
Chipotle pepper in adobo sauce
Sesame oil, 2 tsp





Mojito Mahi Tacos

Serves 3

- 1 cup diced honeydew melon
- ¼ cup red onion, finely diced
- 1 tablespoon cilantro, chopped
- 1 tablespoon plus ¼ cup Wildtree Mojito Mixer, divided
- Salt and pepper to taste
- 12 ounces Mahi fillets or other white fish
- 1 teaspoon Wildtree Fajita Seasoning
- 6 (6 inch) corn or flour tortillas
- 1 cup shredded red cabbage

In a bowl combine the honeydew melon, red onion, cilantro, 1 tablespoon Mojito Mixer, salt and pepper; set aside. Season Mahi with Fajita Seasoning, and marinate in the remaining ¼ cup Mojito Mixer for 10 minutes. Grill or pan cook fish on both sides until cooked through. Slice fish and divide among tortillas, top with cabbage, and prepared honeydew salsa.

Calories 310; Fat 3 g; Saturated Fat 0 g; Carbohydrate 47 g; Fiber 4 g; Protein 24 g; Cholesterol 85 mg; Sodium 240 mg



Asian Veggie Tacos

Serves 4

- 2 tablespoons Wildtree Natural Grapeseed Oil
- ½ cup red onion, thinly sliced
- 1 bell pepper, thinly sliced
- 2 cups mushrooms, sliced
- 1 cup grape tomatoes, halved
- 2 tablespoons Wildtree Hoisin Sauce
- 8 (6 inch) flour tortillas
- 2 tablespoons fresh cilantro, chopped
- ¼ cup light sour cream
- Sriracha to taste
- 1 cup cabbage, shredded

Heat the Natural Grapeseed Oil in a nonstick skillet over medium heat. Add the onion, bell pepper, and mushrooms; sauté until tender, about 5 minutes. Add the tomatoes and sauté 2 minutes more. Add the Hoisin Sauce and stir to combine. Divide among the 8 tortillas. Top each tortilla with cilantro, sour cream, Sriracha, and cabbage.

Calories 320; Fat 13 g; Saturated Fat 3 g; Carbohydrate 42 g; Fiber 4 g; Protein 8 g; Cholesterol 5 mg; Sodium 560 mg



Smoky Java Shrimp Tacos

Serves 4

- 2 navel oranges, peeled, segmented, and diced
- 1 tablespoon fresh cilantro, chopped
- 3 tablespoons red onion, finely diced
- 1 tablespoon scallion, diced
- ½ teaspoon apple cider vinegar
- 1 pound shrimp, peeled and deveined
- 2 teaspoons Wildtree Java Rub
- 8 (6 inch) flour tortillas

In a mixing bowl combine the oranges, cilantro, red onion, scallion, and apple cider vinegar; set aside. Season the shrimp with the Java Rub. Heat a skillet over medium high heat. Grease with pan spray. Add the shrimp and sauté until the shrimp are cooked through. Divide the shrimp among the tortillas and top with the orange salsa.

Calories 360; Fat 7 g; Saturated Fat 1.5 g; Carbohydrate 44 g; Fiber 4 g; Protein 29 g; Cholesterol 170 mg; Sodium 670 mg



Super Breakfast Wrap

Serves 4

- 1 tablespoon plus 1 teaspoon Wildtree Natural Grapeseed Oil, divided
- 1 cup sweet potato, cut into ¼ inch cubes
- ½ cup onion, diced
- ½ cup packed kale, chopped
- 1 teaspoon Wildtree Java Rub
- 3 eggs
- 2 tablespoons milk
- 1 teaspoon Wildtree Garlic Galore Seasoning
- 4 (6 inch) corn tortillas

In a nonstick skillet heat 1 tablespoon of the Natural Grapeseed Oil over medium heat. Add the sweet potato and cook for 5 minutes. Add the onion and kale. Season with Java Rub and cook until vegetables are tender, about 3-4 more minutes. Transfer to a bowl and cover to keep warm. Whisk together the eggs, milk, and Garlic Galore. Heat remaining 1 teaspoon of the Natural Grapeseed Oil over medium heat. Add the eggs and cook to desired doneness. Divide scrambled eggs among tortillas. Top with sweet potato mixture. Garnish with red cabbage, cilantro, and avocado if desired.

Calories 210; Fat 9 g; Saturated Fat 1.5 g; Carbohydrate 25 g; Fiber 3 g; Protein 7 g; Cholesterol 160 mg; Sodium 200 mg



Chipotle Lime Beer Chicken Tacos

Serves 4

- 2 teaspoons Wildtree Natural Grapeseed Oil
- 1 pound boneless, skinless chicken breasts
- 1 tablespoon Wildtree Chipotle Lime Rub
- 12 ounces beer
- 1 lime, juiced
- 1 tablespoon brown sugar
- 8 (6 inch) tortillas

Heat the Natural Grapeseed Oil in a nonstick skillet over medium high heat. Add the chicken breasts and brown on both sides. Meanwhile, whisk together Chipotle Lime Rub, beer, lime juice, and brown sugar. Once chicken is browned, pour in the beer mixture; cover and simmer 15 minutes. Remove chicken from pan, use two forks to shred meat. Return chicken to pan with beer mixture and continue simmering, uncovered, for 15 minutes or until most of the liquid is absorbed. Serve chicken on warm tortillas with scallions or other desired toppings.

Calories 380; Fat 8 g; Saturated Fat 1.5 g; Carbohydrate 37 g; Fiber 2 g; Protein 32 g; Cholesterol 65 mg; Sodium 620 mg



Chinese BBQ Pork Tacos

Serves 4

- 1 cup carrot, cut into matchstick size pieces
- 1 cup shredded red cabbage
- ½ cup scallion, sliced
- 1 tablespoon rice wine vinegar
- Salt and pepper to taste
- 2 teaspoons sesame oil
- 1 pound pork tenderloin or pork chops, cubed
- 2 tablespoons Wildtree Hoisin Sauce
- 1 tablespoon honey
- 1 tablespoon sake
- 2 teaspoons soy sauce
- Pinch crushed red pepper
- 8 (6 inch) tortillas

In a bowl combine the carrot, cabbage, scallion, rice wine vinegar, salt and pepper; set aside. Heat the sesame oil in a nonstick skillet over medium high heat. Add the pork and lightly brown. Add the Hoisin Sauce, honey, sake, soy sauce, and red pepper flakes. Sauté 4-5 minutes or until sauce is reduced and thickened and pork is cooked through. Serve on warm tortillas with cabbage and carrot slaw

Calories 330; Fat 7 g; Saturated Fat 1 g; Carbohydrate 39 g; Fiber 3 g; Protein 27 g; Cholesterol 75 mg; Sodium 380 mg



Greek Lamb Greek Tacos

Serves 4

Tzatziki:

- ½ cup shredded cucumber
- ½ cup Greek yogurt
- 1 tablespoon Wildtree Tzatziki Seasoning
- ¼ cup feta cheese
- 1 tablespoon chopped mint

Cucumber Salsa:

- ¾ cup tomato, seeded and dice
- ¾ cup finely diced cucumber
- 2 teaspoons Wildtree Natural Grapeseed Oil
- 2 teaspoons red wine vinegar
- Salt and pepper to taste

- 1 pound ground lamb
- 2 teaspoons Wildtree Natural Grapeseed Oil
- ½ red onion, diced
- 2 teaspoons Wildtree Opa! Greek Seasoning
- 2 tablespoons tomato paste
- 3 tablespoons water
- 8 (6 inch) tortillas or pita

Combine ingredients for tzatziki and cucumber salsa in separate bowls; refrigerate until you are ready to serve. Heat a nonstick skillet over medium high heat. Add the ground lamb and sauté until browned and completely cook through; drain. In the now empty skillet heat the Natural Grapeseed Oil over medium heat. Add the onion and sauté until tender; about 7 minutes. Add the Opa! Greek Seasoning and tomato paste; stir to combine. Add the water and scrape up any browned bits stuck to the bottom of the pan. Add the cooked lamb and toss in the onion mixture until completely combined. Divide lamb among tortillas; top with prepared tzatziki and cucumber salsa.

Calories 630; Fat 38 g; Saturated Fat 15 g; Carbohydrate 41 g; Fiber 4 g; Protein 30 g; Cholesterol 90 mg; Sodium 640 mg



Indian Chicken Tacos

Serves 5

- 1 pound chicken, cut into bite sized pieces
- 3 tablespoons plus ⅓ cup Greek yogurt, divided
- 1 tablespoon milk
- 1 tablespoon plus ¼ teaspoon Wildtree Garam Masala
- 2 tablespoons fresh mint, chopped
- 2 tablespoons fresh cilantro, chopped
- ¼ teaspoon salt
- ¼ red onion, thinly sliced
- 1 small tomato, thinly sliced
- 5 (8 inch) tortillas

In a bowl combine the chicken, 3 tablespoons Greek yogurt, milk, and 1 tablespoon Garam Masala. Cover and marinate in the refrigerator for at least 1 hour. Meanwhile combine remaining ⅓ cup yogurt with mint, cilantro, salt, and remaining ¼ teaspoon Garam Masala; refrigerate until you are ready to serve. Skewer chicken on 5 small skewers. Heat grill or grill pan to medium high. Cook chicken for about 5-7 minutes on each side or until completely cooked through. (Chicken can also be baked at 350°F for 15-20 minutes.) Remove chicken from skewers and serve on warm tortillas with prepared yogurt sauce, onion, and tomato.

Calories 270; Fat 5 g; Saturated Fat 1 g; Carbohydrate 27 g; Fiber 3 g; Protein 27 g; Cholesterol 55 mg; Sodium 480 mg



Shrimp Fajitas

Serves 4

- 1 pound large shrimp, peeled and deveined
- 2 tablespoons Wildtree Natural Grapeseed Oil, divided
- 2 tablespoons Wildtree Fajita Seasoning
- 1 yellow onion, sliced
- 1 red bell pepper, sliced
- 1 tablespoon Wildtree Garlic Galore Seasoning Blend
- 2 avocados
- ½ lime, juiced
- Salt and pepper to taste
- Cilantro for garnish

Pat shrimp dry and toss with 1 tablespoon of Natural Grapeseed Oil and Fajita Seasoning; set aside. Heat remaining 1 tablespoon of Natural Grapeseed Oil in a nonstick skillet over medium heat. Add the onion and bell pepper; sauté until tender, about 10 minutes. Add the Garlic Galore Seasoning Blend and sauté 1 minute more. Transfer to a bowl and set aside. Heat the now empty skillet over medium to high heat. Add the shrimp and sauté until cooked through; about 3 minutes per side. Return onions and peppers back to pan and cook until heated through. Mash avocados with lime juice, salt, and pepper. Divide shrimp and vegetables among tortillas, top with avocado, and garnish with cilantro.

Calories 530; Fat 26 g; Saturated Fat 3 g; Carbohydrate 47 g; Fiber 12 g; Protein 28 g; Cholesterol 170 mg; Sodium 530 mg

Slow Cooker Chipotle Lime Brisket Tacos

Serves 8

- 1 chipotle pepper plus 1 tablespoon sauce (from a can of chipotles in adobo sauce)
 - 2 tablespoons cilantro
 - ½ red onion, chopped
 - 1 teaspoon Wildtree Garlic Galore Seasoning Blend
 - 2 teaspoons Wildtree Chipotle Lime Rub
 - ¼ cup cider vinegar
 - 2 pound beef brisket
 - 16 (6 inch) tortillas
- Jicama slaw:
- 1 ½ cups shredded red cabbage
 - 1 cup jicama, peeled and shredded
 - ½ red bell pepper, thinly sliced
 - ¼ cup scallion, sliced
 - 1 tablespoon lime juice
 - 2 tablespoons cilantro, chopped
 - ¼ teaspoon Wildtree Chipotle Lime Rub
 - Salt and pepper to taste



In a food processor combine the chipotle pepper and sauce, cilantro, red onion, Garlic Galore Seasoning Blend, Chipotle Lime Rub, and cider vinegar; puree. Pour mixture in a slow cooker, top with beef brisket. Roll the brisket all around in the mixture. Cover and cook on high for 5-6 hours or until beef is tender and shreds easily. Meanwhile, combine the ingredients for the jicama slaw. Chill at least an hour before serving to allow flavors to develop. Serve shredded beef on tortillas with prepared jicama slaw.

Calories 340; Fat 11 g; Saturated Fat 3 g; Carbohydrate 70 g; Fiber 4 g; Protein 26 g; Cholesterol 70 mg; Sodium 250 mg