

Cooking Corner Tips To Help You

Adding Zest And Nutrition To Mealtime

(NAPSA)—If you're looking for a healthful way to spice up your family's next meal, it's tough to top salsa. Authentic Mexican salsa is made with the finest vegetables and can add zest to favorites like enchiladas, tacos and tostadas but also enhance the flavors of many mealtime classics like chicken dishes or burgers. You can even use it on top of eggs to give your family an eye-opening burst of taste in the morning.

Beating The Heat

Whether you enjoy spicy foods or prefer mellow flavors, there's likely a Mexican salsa to please your palate. For instance, long known for its authentic refried beans, Rosarita now offers salsa in three flavors: Mild Salsa Mexicana, Medium Salsa Verde and Hot Salsa Taquera. The salsas, made in Mexico, are a versatile ingredient and are new to the U.S. You can try them with your favorite foods or as part of this recipe:

Recipe for Enchiladas Verdes —Green Enchiladas

Ingredients

- PAM® Original No-Stick Cooking Spray
- 1 jar (16.75 oz) Rosarita® Medium Salsa Verde, divided
- 3 cups shredded cooked chicken
- 1 cup shredded Monterey Jack cheese, divided
- 12 corn tortillas (6 inch)

Directions

- Preheat oven to 375°F. Spray 13x9-inch baking dish



Authentic Mexican salsa can add flair to a variety of dishes, from burgers to breakfast.

with cooking spray. Spread ¼ cup of the salsa over bottom of dish; set aside.

- Combine chicken, ½ cup of the salsa and ½ cup of the cheese in a medium bowl; mix well. Set aside.

- Spray both sides of each tortilla with cooking spray. Heat one at a time in skillet over medium-high heat on both sides until slightly puffy and softened.

- Top each tortilla evenly with about ¼ cup chicken mixture; roll up. Place seam-side down in prepared baking dish. Cover with the remaining salsa; sprinkle with remaining cheese. Cover baking dish with aluminum foil.

- Bake 30 minutes or until cheese melts and sauce is bubbly.

The salsas are available at Walmart and select Kroger and Safeway grocery stores.

Note to Editors: The salsa is only available in the Western and Southwestern U.S.