



It's Taco Night!

Tacos offer limitless flavour combinations and are perfect for any individual, couple or family who love to prep once and eat all week - not to mention: you can easily adjust seasonings and ingredients to accommodate any dietary or spice-level needs.

DIY: Chili-Lime Rub

To make, combine:

- 2 tbsp chili powder
- ½ tsp fresh lime zest (about ½ lime)
- 1 tsp cumin
- ⅛ tsp cayenne
- Salt & Pepper to taste

Rub on any meats, seafood, mushrooms, or even sweet potato! This is great on pretty much anything!

This seasoning can be stored in an airtight container in your fridge for up to 2 weeks.

OBC TIP: Add some of this, plus a squirt of lime juice and fresh cilantro to Greek yogurt for a **quick and easy Crema!**

Make Fresh Toppings Yourself!

Pineapple Salsa

You'll Need:

- ½ fresh pineapple or 1 can pineapple chunks
- 3 green onions
- ½ jalapeño, seeded
- ¼ cup loosely packed cilantro leaves (or if you don't love cilantro, use parsley)
- Juice from 1 lime (you can use less, but I love the tang this gives)
- Salt & Pepper

Pico De Gallo

You'll Need:

- 4 ripe tomatoes
- 1 small white onion
- 2 cloves garlic
- 1 jalapeño, seeded
- ¼ cup loosely packed cilantro leaves (or if you don't love cilantro, use parsley)
- Juice from 1 lime (you can use less, but I love the tang this gives)
- Salt & Pepper

Prep for these Salsa's is super easy!

1. Grab your food processor and **pulse all of the ingredients omitting either the pineapple or the tomatoes** (depending on which salsa you're making).
2. **Add in your pineapple/tomatoes and pulse 3 - 5 times** until you've got a fine dice and everything is blended.

Or, if you don't have a food processor, put your knife skills to work! Dice up everything and simply mix in a bowl.

"Cheater-Churros" with Chili-Chocolate Dip

For the Churro's you'll need:

- 1 package of puff pastry
- 2 tbsp sugar
- 1 tbsp cinnamon

For the Chili-Chocolate Dip

- 1 cup semi-sweet chocolate chips
- ¼ cup milk or dairy-free milk
- ½ tsp cinnamon
- ½ tsp vanilla extract
- Optional: Cayenne

Directions:

1. Mix together cinnamon & sugar.
2. Lay out the Puff Pastry and sprinkle on Cinnamon Sugar.
3. Roll sugar into dough then cut the dough into ½ inch strips.
4. Twist each strip 4 or 5 times, and place on a baking sheet lined with parchment paper.
5. Bake at 375°F until puffed and golden.
6. For the sauce, combine all ingredients in a heatproof bowl and either melt in the microwave (10-seconds at a time, stirring in between) or over a double boiler. Serve Immediately.

OBC Tip: If Churro's aren't your thing, swap out a fruit instead! Try orange segments tossed in a dash of the cinnamon sugar!



Bonus Recipes!

Classic Shaken Margarita!

You'll Need:

- Optional: lime for rimming glass & 1 tbsp salt or sugar for rimming glass
 - 1 1/2 ounces tequila
 - 1 ounce triple sec (Cointreau)
See Tip below.
 - 3/4 ounce lime juice (fresh)
 - Garnish: lime wedge
1. Rim your glass by running a lime wedge around the rim of the glass and then dipping the rim into the salt or sugar. Set Aside.
 2. Combine all ingredients in a shaker, or tall glass filled with ice. Shake or stir until well combined and the liquid is very cold. Pour into rimmed glass & enjoy!

Simple Side Rice

You'll Need:

- 2 cups cooked rice
 - 1/2 cup black beans
 - 1/2 cup corn
 - 1 tsp chili-lime rub
 - 2 tbsp Olive Oil
 - 2 tbsp chopped cilantro or parsley
 - Juice 1/2 to 1 lime
1. In a medium bowl, combine rice, black beans, corn & chili-lime rub.
 2. Add 2 tbsp oil to a frying pan and heat over medium for about 5 - 7 minutes until completely warm throughout.
 3. Remove from heat and add cilantro & lime juice. Serve immediately.

OBC Tip: If you don't stock Cointreau in your bar normally, make a quick & easy orange simple syrup instead. In a small saucepan combine 1/2 cup sugar, 1/2 cup water and the peel of the fresh orange. Bring to just boiling until the sugar dissolves and cool completely. Use 3/4 - 1 oz in your cocktail for a sweet & orangey taste!

Same Same, but Different!

Cook once, and use the leftovers for some more meals throughout the week!

- **Make a Burrito or Burrito Bowl**
 - A great way to use up leftover rice, and all the toppings!
To fold, start at the bottom and fold over the edge closest to you, then the left & right sides, and finally roll it away from your body into a tight cylinder. Then in a dry pan over medium low heat, toast the sides for a nice crunch as you bite in!
- **Create a Quesadilla**
 - Over medium-low heat in a lightly greased pan, add one tortilla flat at the bottom. Sprinkle a light layer of cheese, add a few toppings and another layer of cheese. Cover with a lid and cook for 4-6 minutes. Flip Quesadilla over and continue to crisp flipping from side to side until the toppings are hot, the cheese is melted and the outside is toasty brown!
- **Layer a "Taco Night" Lasagna**
 - In a circular pie plate, start with a layer of salsa or tomato sauce. If you're using tomato sauce, add a little chili, cayenne and cumin to give it a bit of a mexican kick!
 - Then create layers of tortillas, cheese and toppings, adding about 3 - 4 tbsp of salsa for every layer. Bake at 350°F for about 25-30 minutes until hot throughout. Slice into wedges and serve!
- **Na-cho Average Leftovers**
 - Layers tortilla chips, cheese and toppings. Bake in a 350°F oven for about 10 - 12 minutes and serve with salsa, guac, or sour cream!





While there's an art to building any recipe or dish, the options and flavour combos in a taco are seemingly limitless. So, keep in mind things like textures as you build your perfect bite!
(Remember: Crunch, Creamy, Acid, Fresh!)

The Wrap: This is (obviously) key to make a taco! This is used to help the ingredients make their way to your mouth and can also be a source of texture & flavour depending on what you choose!

- Flour Tortillas
- Corn Tortillas
- Crunchy Corn Taco Shells
- Boston or Romaine Lettuce



The Base Flavour (aka. The Star of the Show)

From more traditional meat options, to beans and beyond as you're building your taco think about what will be the star of the show?

- Chicken
- Beef
- Pork
- Lamb
- Duck
- Veggie Ground
- White Fish
- Shrimp
- Scallops
- Octopus
- Refried Beans
- Black Beans
- Potato
- Chickpeas
- Tofu
- Jackfruit
- Mushrooms
- Cauliflower

The Toppings!

Choose any and all of the above, keeping in mind things like texture, flavours and how full your wrap will be!

- Favorite Cheese
- Lettuce
- Tomatoes
- Jalapeno
- (Fresh or Pickled)
- Green Onion
- Fresh Onion
- Pickled Onions
- Olives
- Peppers
- Avocado
- Corn
- Cilantro
- Fresh Lime or Lemon
- Creamy or Pickled
- Coleslaw

Sauce it up!

Finish strong with a complimentary sauce or topping to bring it all together.

- Hot Sauce
- Chipotle Sauce
- Pico De Gallo
- Salsa
- Salsa Verde
- Fruit-based Salsa
- Sour Cream
- Greek Yogurt
- Guacamole

Build-Your-Own-Taco

Wrap:

Base:

Toppings:

Sauces:

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