

Grilled Chicken Tacos with Black Beans and Rice Salad

Recipe by Dana Chadorf, Line Cook at Saskatoon Club and Riverside Golf & Country Club

**this recipe was featured at the Chef's Series Stage at Taste of Saskatchewan on Friday, July 17, 2015*

Black Beans and Rice Salad

Serves 4 (as side dish)

3 Lime, zest and juice
1C Cherry tomatoes, each cut into 4 pieces
1/4C Red wine vinegar
1/4C Red onion, small dice
1/4 C Mixture of Cilantro, Basil and Scallions, all chiffonade
1t Garlic, minced
1 can (387mL) Corn, drained
1 Green chili pepper, small diced
1 Red, orange or yellow bell pepper
1 can (387mL) Black beans, drained
1 1/2C White rice, cooked and kept warm
Salt and Pepper to season.

1. Cut the cherry tomatoes into quarters marinate with diced red onion, red wine vinegar, garlic and salt for 30 minutes.
2. Gather and prepare the peppers, herbs and limes. Combine them all together with the drained black beans and corn, and season well with salt and pepper.
3. Add the tomato mixture to the bean mixture. Then fold in the warm rice. Taste and add salt if needed.

Citrus and Herb Marinated Chicken

Makes 12 Tacos

6 Chicken Thighs, with skin
3 Chicken Breasts, with skin
2 Limes, zest and juice
2 Lemons, zest and juice
1 C Mixed fresh herbs (dill, basil, mint, oregano, parsley, chives)
1/4C Vermouth or dry white wine
1/4C Olive Oil
1tsp Cumin, toasted
1tsp Coriander, toasted
1 tsp Garlic, minced

Combine all the ingredients and let the chicken marinate for at least 4 hours (up to 24 hours). Grill the chicken, skin side down on the grill first. When cool enough to handle chop roughly.

To assemble the tacos (ingredients for 12 tacos):
12 flour tortillas, warmed on grill or in microwave

Garnish Ideas:

Picked Cilantro	Lime wedges	Radish matchsticks
Lettuce julienned (spinach, ice berg, butter, or cabbage)		Pico de Gallo
Shredded Cheese	Sour Cream	Pickled hot peppers

Take two tortillas and put about a 1/4 or chicken in each and top with desired garnishes. Serve black bean and rice salad along side of tacos.