

Cooking with Dr. Kelley Coffeen

Jalapeño Pineapple Salsa

(Makes about 2 cups)

Ingredients:

¼ cup minced red onion
1 medium jalapeño, de-seeded and minced
2 green onions, minced
¼ cup red bell pepper, seeded and minced
1 ½ cups pineapple, (Drained if using canned, chopped. Medium size pineapple if fresh, peeled, cored and chopped)

Directions:

Combine in a medium sized mixing bowl. Mix well and chill for at least 2 hours. Serve with chips or pairs well with chicken, fish, or other appetizers.

Green Chile Wontons

Ingredients:

1 cup shredded sharp cheddar cheese
1 cup shredded Monterey Jack cheese
¼ to ½ cup minced fresh roasted green chile (peeled, de-seeded)
½ teaspoon salt
¼ teaspoon black pepper
¼ teaspoon cumin
1-2 cloves garlic, finely chopped
24 wonton wraps
Flour for dusting
Vegetable oil for deep frying

Directions:

Place the cheeses, chile, salt, pepper, cumin, and garlic in a medium sized mixing bowl and blend well. Place wonton wrappers on a cutting board dusted with flour. Place 1 teaspoon of filling on one half of the wrap leaving room along the edge. Moisten the edges of the wrap all the way around with water. Fold the wrap over the filling to create a triangle and pinch the edges to seal. Repeat for each wonton wrap. Dust with flour. Heat the oil in a deep skillet or deep fryer. Fry 4 to 8 wontons at a time until golden brown (about 2 to 3 minutes). Drain on a paper towel lined plate. Serve with Jalapeño Pineapple Salsa.