

January 2007

Firehouse Food

“Prevent Cooking Fires: Watch What You Heat”

Chop Chop Salad

Corn Chips - 1 bag

Block Traditional Feta

Napa Cabbage - 1 head

Red Leaf Lettuce - 1 head

Tomatoes - 2 medium sized

Bag corn - 10-ounce

Slivered almonds

Chicken (3-4 pounds): Season with Lawry's Season All, granulated garlic, and pepper, then grill

Chop Chop all of the above ingredients into thumbnail sized pieces. The idea is to get a little bit of everything in a bite! Mix in Marinade Dressing recipe below, then crush and add corn chips just before serving to prevent soginess.

Marinade Dressing

Bell Peppers – 2 medium

Red Onion – 1 medium

Cilantro – 1 bunch

Garlic – 4 cloves

Juice from 1 plastic Lime

Olive Oil – 1 cup

Chop the marinade ingredients even smaller and stir as much as possible to mix juices together.

Serve with Hawaiian Bread on side.

This recipe will feed 8.

Courtesy – Louie Rodriguez, Fire Captain, Station 22