

# Pressed Chicken Tortas

*with Romaine Salad, Queso Fresco & Avocado*

In Mexican cuisine, pressed tortas are meat-and-vegetable sandwiches similar to paninis. Using a press turns the rolls perfectly crispy, while bringing together the flavors in the layers of filling. Here, we're simply using a heavy pot to press our pan-toasted tortas—filled with spiced chicken, avocado, tomato and queso fresco (a crumbly Mexican cheese). On the side, we're serving a refreshing romaine salad with a bit of a kick to it, thanks to the chile powder and cumin in the sour cream-lime juice dressing.



## Ingredients

- 4 Boneless, Skinless Chicken Thighs
- 4 Torta Rolls
- 2 Limes
- 1 Romaine Heart
- 1 Avocado
- 1 Tomato
- 1 Red Onion
- 1 Bunch Cilantro

## Knick Knacks

- 3 Ounces Queso Fresco
- 3 Tablespoons Pepitas
- ½ Cup Low-Fat Sour Cream
- 2 Teaspoons Chicken Torta Spice Blend  
(Ancho Chile Powder, Mexican Oregano, Smoked Sweet Paprika, Garlic Powder & Ground Cumin)

**Makes 4 Servings**

**About 625 Calories Per Serving**

**Prep Time: 15 min | Cook Time: 35 to 45 min**





1



## Prepare the ingredients:

Wash and dry the fresh produce. Halve the rolls. Core, halve and thinly slice the tomato. Crumble the queso fresco. Pick the cilantro leaves off the stems; discard the stems. Cut off and discard the root end of the lettuce; roughly chop the leaves. Quarter the limes. Halve, pit, peel and thinly slice the avocado; top with **the juice of 2 lime wedges** to prevent browning. Peel and halve the onion; small dice 1 half and thinly slice the remaining half. In a medium bowl, combine the diced onion and **the juice of 4 lime wedges**.

2



## Cook the chicken:

Pat the **chicken** dry with paper towels; season on both sides with salt, pepper and (reserving a pinch) **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken. Cook 4 to 6 minutes per side, or until browned and cooked through. Transfer to a cutting board to cool slightly. Wipe out the pan.

3



## Make the dressing:

While the chicken cooks, add the **sour cream** and **remaining spice blend** to the **diced onion-lime juice mixture**. Stir to thoroughly combine; season with salt and pepper to taste.

4



## Assemble the tortas:

When cool enough to handle, thinly slice the **cooked chicken**. Place the bottoms of the **rolls**, cut sides up, on a clean, dry work surface. Divide the **sliced chicken**, **avocado**, as much of the **sliced onion** as you'd like (you may have extra), the **tomato**, **half the queso fresco** and the **cilantro** between the roll bottoms; season with salt and pepper. Top with **the juice of the remaining lime wedges** and the roll tops.

5



## Toast the tortas:

In the pan used to cook the chicken, heat 2 teaspoons of olive oil on medium until hot. Working in 2 batches, add the **tortas**. Place a heavy pot on top of the tortas to press them down. Cook, occasionally pressing down on the pot, 3 to 4 minutes per side, or until lightly browned and slightly flattened. Transfer to a cutting board or plate.

6



## Make the salad & serve your dish:

While the tortas toast, in a large bowl, combine the **lettuce**, **pepitas**, **remaining queso fresco** and as much of the **dressing** as you'd like (you may have extra dressing). Toss to combine; season with salt and pepper to taste. Cut each **toasted torta** in half diagonally; divide between 4 plates. Serve with the **salad** on the side. Enjoy!