



NEWS RELEASE

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‘Hola!’ Help celebrate Hispanic Heritage Month with some tasty Mexican treats

*By Kay Blakley,
DeCA home economist*

FORT LEE, Va. – Hispanic Heritage Month presents a perfect opportunity to cook and serve all things Mexican. Tacos, nachos, burritos, guacamole, pico de gallo and many, many more are on my list of favorite foods. Chances are they find their way onto your plate pretty often, too.

From Sept. 15 through Oct. 15 America celebrates the rich culture and traditions of those who can trace their roots to Spain, Mexico and the Spanish-speaking nations of Central and South America and the Caribbean. While delightful dishes are common to all those countries and cultures, this week’s Kay’s Kitchen focus is on Mexican-American cuisine. After all, according to the Census Bureau, 66 percent of Hispanic-origin people in the United States are of Mexican background. And, as of 2008, 1.1 million people of Hispanic or Latino origin 18 years or older were veterans of the U.S. military.

That statistic is no surprise to those of us in the commissary business. We take great care to tailor a “taste of home” to a widely diverse patron base, which translates to plenty of Mexican-American favorites in stock at your local commissary no matter where in the world that may be.

There’s no need to spend lots of cash by going out for prepared Mexican food. You can make it at home for a whole lot less, especially with ingredients purchased at the commissary – you’ll save 30 percent or more.

Most Mexican fare is very easy to make, and I've gathered several of my personal favorite recipes for you at Kay's Kitchen at <http://www.commissaries.com>. Don't miss the Mexican Street Corn recipe — it's absolutely wonderful! Invite your friends, put on some mariachi music and get cooking!

Mexican Street Corn (makes six ears)

Ingredients

- 6 large ears fresh corn, husks and silks removed
- 1 tablespoon olive oil
- 1/2 cup mayonnaise
- 2 tablespoons minced fresh cilantro leaves
- 1 tablespoon juice from 1 lime
- 1 medium garlic clove, minced or pressed through a garlic press
- 1 teaspoon chili powder
- 1 ounce queso fresco, farmer's cheese or feta cheese, crumbled (about 1/4 cup)
- Salt and ground black pepper
- 1 lime, cut into wedges (for serving)

Directions

1. Adjust oven rack 5 inches from the broiler element and heat the broiler.
2. Brush corn on all sides with the olive oil and place on a foil-lined baking sheet.
3. Broil corn until well-browned on one side, about 10 minutes. Turn corn over and broil until browned on opposite side, about 10 minutes more.
4. Meanwhile, stir together the mayonnaise, cilantro, lime juice, garlic, chili powder and 1/4 teaspoon salt until well-blended. Stir in the cheese and set aside.
5. Remove corn from the oven and brush on all sides with the mayonnaise mixture.
6. Return corn to the broiler and broil until the mayonnaise/cheese coating is warm and slightly browned on top, about 1 minute.
7. Season with salt and pepper, to taste, and serve with the lime wedges and any remaining mayonnaise mixture.

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About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and*

secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$4,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.