

No-stress
**SUMMER
KITCHEN**



BY ALECOOKS -PILONCILLO&VAINILLA

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01

Chilaquiles



01

Build-Your-Own Chilaquiles

STEP 1 MAKE YOUR CHIPS (TOTOPOS)

- Use thick corn tortillas — thin ones turn to mush fast.
- Air fryer: 400°F, 8–10 min, shake halfway. Max crunch, zero guilt.
- Sheet-pan: light oil spray, broil 5–6 min per side, golden and crispy.
- Store-bought works too — grab the thickest ones you can find.



[AIR FRYER TORTILLA CHIPS](#)

Click here!

STEP 2 · PICK YOUR SALSA


- Salsa Roja — smoky, bold, blister-charred tomatoes & chiles in a molcajete.
- Salsa Verde — roasted poblano & tomatillo, creamy, tangy, deeply green.
- Pro move: make both and let everyone pick their side.
- Sheet-pan broil method: layer chips + salsa, broil 3 min = crunchy, never soggy.



Pick your favorite!

 [RED SALSA MOLCAJETEADA](#)

 [ROASTED POBLANO SALSA VERDE](#)

 [CHILAQUILES ROJOS](#)

 [CHILAQUILES VERDES](#)

01

Build-Your-Own Chilaquiles

STEP 3 · CHOOSE YOUR PROTEIN

CRISPY TOFU

PLANT-BASED & PROTEIN-PACKED

[GET THE RECIPE](#) 

SHREDDED CHICKEN

CLASSIC. POACH & SHRED AHEAD OF TIME.

CARNE ASADA

THINLY SLICED, MARINATED OVERNIGHT.

FRIED OR POACHED EGG

THE QUINTESSENTIAL SUNDAY MOVE

BLACK BEANS

FASTEST OPTION. OPEN CAN, DONE.

SKIP IT

GOOD TOPPINGS CARRY THE WHOLE THING.

FINISH WITH

MEXICAN CREMA

QUESO FRESCO

AVOCADO SLICES

PICKLED RED ONIONS

FRESH CILANTRO

RADISH SLICES

REFRIED BEANS

GUACAMOLE

VEGAN CASHEW CREMA



Enjoy!

CHAPTER

02

Summer Pasta & Salads



02

Summer Pasta & Salads

THE FORMULA: BASE + VEGETABLES + DRESSING + OPTIONAL PROTEIN

THE BASE — PICK ONE

- **Gnocchi:** pan-fry in olive oil until golden on both sides — no boiling needed. [Video here!](#)
- **Spaghetti or rigatoni:** cook al dente, let cool slightly before tossing.
- **Orzo or farro:** holds dressing beautifully, great cold or room temp.
- **Zucchini:** mandoline thin so it melts into the sauce with zero effort.



Click here!



[PAN FRIED GNOCCHI SALAD](#)



[ZUCCHINI PARMESAN PASTA](#)

THE VEGETABLES — CHOP IS EVERYTHING

- Cherry tomatoes (halved), cucumber (diced), corn off the cob.
- Red onion: rinse under cold water for 10 min to mellow the bite.
- Roasted peppers, kalamata olives, or pepperoncini for Italian flair.
- Fresh basil torn over the top at the end — always, no exceptions.

THE DRESSING — TWO ROUTES

- Italian: olive oil + red wine vinegar + garlic + dried oregano + pinch of sugar.
- Lemon-garlic: olive oil + lemon juice + dijon mustard + salt. Brighter, great on gnocchi.

Make a double batch — it keeps 1 week in the fridge and fixes everything.



EVERYDAY ITALIAN SALAD

ADD PROTEIN IF YOU WANT

CHICKPEAS

CRISPY TOFU

GRILLED CHICKEN

NAVY BEANS

FRESH MOZZARELLA

SALAMI

CANNED TUNA



PASTA SALAD WITH LEMON DRESSING

Enjoy!



MEDITERRANEAN PASTA SALAD

CHAPTER

03

Homemade Paletas



Homemade Paletas

EASIER THAN YOU THINK

THE PALETA FORMULA TWO TYPES, ONE METHOD



Fruit-based

Fresh fruit + water + a touch of sugar + lime. Light, icy, naturally vegan. The classic street paleta.



Cream-based

Fresh fruit + coconut milk, cream, or macadamia crema. Rich, smooth, closer to ice cream. Worth every minute.

THE METHOD - 4 STEPS, EVERY TIME

- Blend your base until completely smooth. Taste and adjust sweetness before freezing.
- Pour into molds, leaving about $\frac{1}{4}$ inch from the top so they don't overflow when frozen.
- Insert sticks when partially frozen (about 45 min in), or use the foil-over-top trick to hold them straight.
- Freeze at least 6 hours, ideally overnight. Run warm water over mold for 10 sec to release cleanly.

Homemade Paletas

EASIER THAN YOU THINK



You don't need fancy molds. **Paper or plastic cups + popsicle sticks** work perfectly — and they're easier to unmold.

Silicone molds are the upgrade if you make paletas regularly.

THE SWEETNESS RULE

- Always taste the blend before freezing — frozen things taste less sweet than liquid.
- Add sugar gradually: start with 2 tbsp per 2 cups of fruit, adjust from there.
- Very ripe fruit (spotty mango, sweet watermelon) may need no sugar at all.
- A squeeze of lime in almost every paleta balances sweetness and brightens the fruit.

03

Homemade Paletas

PALETAS DE AGUA FRUIT-FORWARD & LIGHT

FRESH FRUIT + WATER + LIME. THAT'S REALLY IT.

Any agua fresca recipe can become a paleta — just pour the blended mixture directly into molds. Double your batch: half for drinking, half for freezing.

Click
here!

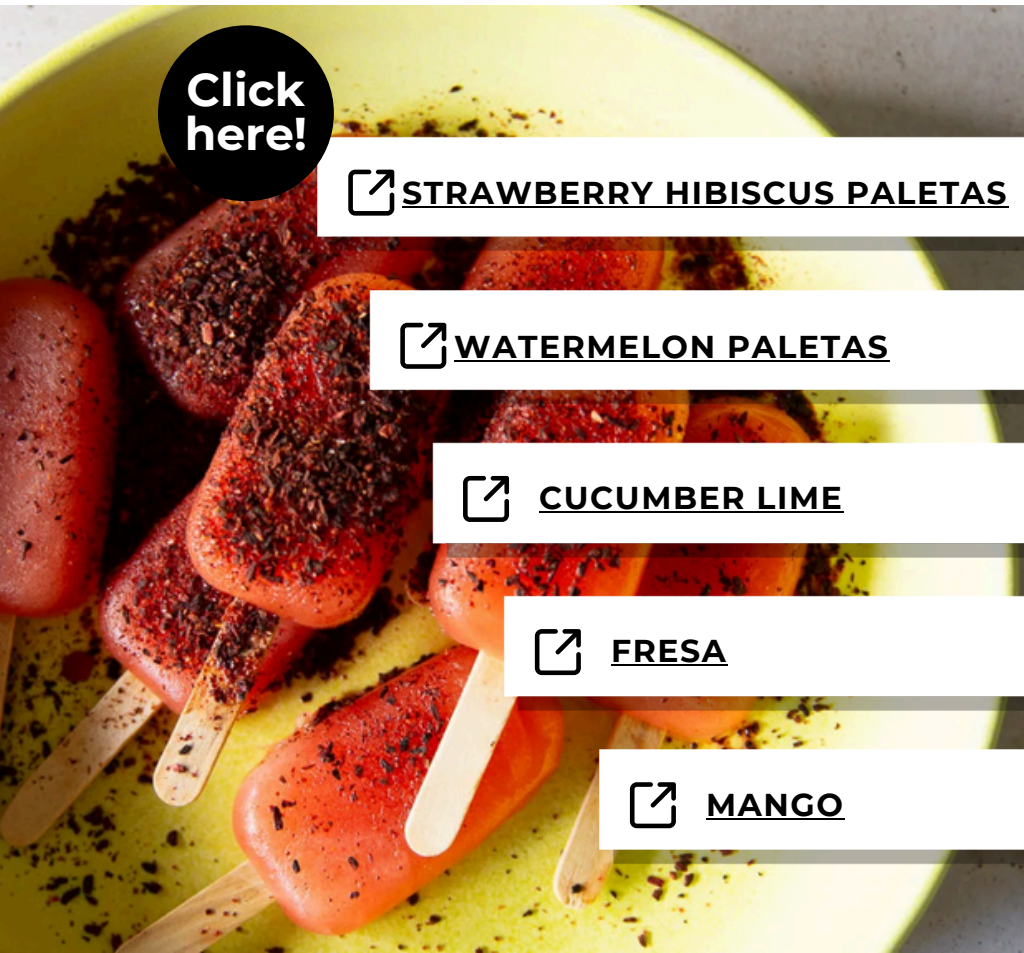
[!\[\]\(1a2e9c86c2a63dd0890db1012b677415_img.jpg\) STRAWBERRY HIBISCUS PALETAS](#)

[!\[\]\(7a315dbd5736d1ca324577d88145843b_img.jpg\) WATERMELON PALETAS](#)

[!\[\]\(2becda4813f27b5edb43f5299d7596ac_img.jpg\) CUCUMBER LIME](#)

[!\[\]\(1a0ecb0f44016aa353f6ecdd79a3699d_img.jpg\) FRESA](#)

[!\[\]\(bf201d91b9b614baaf9dc5168bdd7cec_img.jpg\) MANGO](#)



PALETAS DE CREMA — CREAMY & DREAMY

ADD COCONUT MILK, MACADAMIA CREMA, OR VEGAN CREAM TO ANY FRUIT BASE

- Full-fat coconut milk: naturally vegan, tropical flavor, blends seamlessly with mango, pineapple, or strawberry.
- Macadamia crema: blend raw macadamia nuts + almond milk + vanilla + sugar. No soaking needed — incredibly silky.
- Mexican crema or heavy cream (non-vegan): the classic. Rich, tangy, and exactly what your abuela used.



[!\[\]\(069c83240c095fe7767b7327eef55806_img.jpg\) VEGAN CHOCOLATE ICE POPS](#)

[!\[\]\(0230214116c86dbf511158ea2e1aae13_img.jpg\) AVOCADO LIME PALETAS](#)

[!\[\]\(09a4f46fd00963d10017c74e09f87500_img.jpg\) LEMON PIE PALETAS](#)

[!\[\]\(9cc80862e225935f5e2ce39495f8c582_img.jpg\) FRESAS CON CREMA](#)

THE FINISHING TOUCHES MEXICAN STREET-STYLE

THE SPICY-SWEET FINISH

- Tajín: sprinkle directly on a just-unmolded paleta. It sticks and gives you that chile-lime kick.
- Chamoy drizzle: sweet, tangy, spicy all at once. Drizzle over the paleta right before serving.
- Chile powder + lime juice: old school, zero effort, completely correct.
- Tajín rim: rub the mold lip with lime juice before filling, then coat with Tajín before freezing.



Do it!



HOMEMADE TAJIN

THE CHOCOLATE DIP

- Melt dark chocolate chips + 1 tsp coconut oil. Stir until smooth.
- Dip unmolded paleta quickly — chocolate sets in seconds on frozen fruit.
- Roll immediately in toppings before chocolate hardens: crushed peanuts, shredded coconut or sprinkles.

CHAPTER

04

Taco Guide



Build-Your-Own Taco Night



STEP 1 - THE TORTILLA

Corn Tortillas (maíz)

- The move for tacos gobernador, tinga, and picadillo — they crisp up beautifully.
- Double them up if they crack — always two tortillas per taco on a street stand.
- Heat directly on the comal or gas flame 30 seconds per side. Keep warm in a tortilla warmer or wrapped in a clean kitchen towel.
- For crispy tacos: press flat in a hot lightly oiled skillet, fold, cook 2–3 min per side.

Flour Tortillas (harina)

- Better for fajita-style fillings, beans, → and anything saucy.
- Toast briefly in a dry skillet until golden spots appear — never skip this step.
- Softer, more forgiving, kid-approved.

Tip: Heat your tortillas to order — not all at once. A cold tortilla ruins a perfect filling every time.

STEP 2 - THE FILLINGS**Fórmula A - The Saucy one**

- Make a smoky chipotle-tomato sauce: blend tomatoes + chipotle in adobo + garlic.
- Add your protein of choice, simmer 15–20 min until everything is coated and fragrant.
- Sauce doubles as an instant enchilada sauce — make extra, always.

 [**VEGAN TINGA TACOS**](#)

Fórmula B - The cheesy Crispy One

- Sauté filling (shrimp OR mushrooms) with poblano, onion, tomato, garlic.
- Place corn tortilla flat in a hot oiled pan, add melty cheese, spoon filling on one side.
- Fold and press — cook 2 min per side until cheese melts and tortilla is golden.
- Serve immediately — these do not wait.



 [**TACOS GOBERNADOR**](#)

 [**TACOS GOBERNADOR
VEGAN VERSION**](#)

Fórmula C - The Weeknight One

- Lentil picadillo: sauté onion + garlic, add lentils + tomato sauce + broth + veggies. Simmer 20 min. Done.
- Bean fajitas: bell peppers + onion + black beans + homemade Latin seasoning. 15 min, one pan.
- Both reheat beautifully — make Sunday, eat all week.

**LENTIL PICADILLO TACOS****VEGAN BLACK BEAN FAJITAS****CAULIFLOWER ROCA TACOS****OTHER PROTEINS THAT WORK
WITH ANY FORMULA****CRISPY
TOFU**PLANT-BASED &
PROTEIN-PACKED[GET THE RECIPE](#) **SHREDDED
CHICKEN**CLASSIC. POACH &
SHRED AHEAD OF
TIME.**CARNE
ASADA**THINLY SLICED,
MARINATED
OVERNIGHT.

STEP 3 - THE SALSAS**Salsa taquera - The one for tacos**

- Thin, pourable, with a punch. Made to drizzle, not scoop.
- Roast tomatoes + chiles + garlic until charred, blend with a splash of water.
- Taste and adjust chile level – this is personal and non-negotiable.



Pick your favorite!



SALSA ROJA MOLCAJETEADA



SMOKY POBLANO SALSA



SALSA MACHA



CREAMY AVOCADO SALSA

STEP 4 - THE TOPPINGS

The essentials - Always on the table

- Pickled red onions: make them Sunday, use all week. Lasts 2 weeks in the fridge.
- Fresh cilantro: torn, not chopped. More surface area, more flavor.
- Radish slices: the underrated crunch nobody talks about enough.
- Sliced avocado or guacamole — non-negotiable for the table.

The full topping list:

PICKLED RED ONIONS

LIME WEDGES

QUESO FRESCO

REFRIED BEANS

MANGO GUACAMOLE

MEXICAN CREMA

GUACAMOLE

SHREDDED CABBAGE

FRESH CILANTRO

RADISH SLICES

JALAPEÑO SLICES





THANK YOU FOR BEING HERE TRULY. OUT OF EVERYTHING YOU COULD BE DOING RIGHT NOW, YOU CHOSE TO COOK SOMETHING GOOD. THAT MEANS EVERYTHING TO ME.

Food has always been my way of connecting — with my culture, with my family, and with people like you who just want to put something real and delicious on the table without it being a whole production. I love helping with recipes, dinner ideas, weeknight rescues, and everything in between. This community is the reason I keep cooking, keep writing, and keep sharing. So if you have a question, a recipe request, or just want to say hi — please do. My inbox and my DMs are always open.

Whether you tried something from this guide, want to swap ideas, or just need help figuring out what to make tonight — reach out. That's what I'm here for!

♥ Ale



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