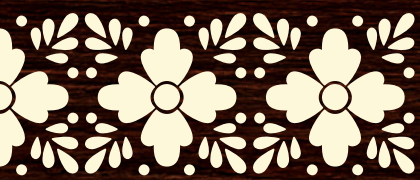


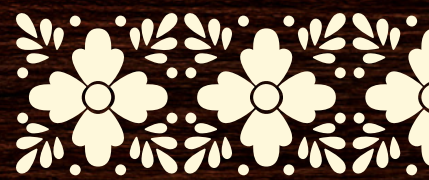


delicious

MEXICAN



FOOD



www.southsidemarketug.com

It's a real life space for real life minds, and great local produce.

Embark on a culinary adventure with our Mexican recipes, proudly curated with ingredients sourced from the diverse offerings of the Southside Farmers Market. Embrace the vibrant flavors of Mexico right at your table in Uganda, where the richness of nature collides with the essence of Mexican cuisine, bringing a fusion of delightful tastes to every food enthusiast's palate.

Chicken Quesadillas

Featuring: Jakana Foods. Meatry, Rosalines Greek Yogurt, Florence Fruits and Vegetables

- Ingredients:
 - Fresh tortillas (4 small-sized)
 - Cooked chicken breast, shredded (1 cup)
 - Cheddar cheese, shredded (1 cup)
 - Jakana Mexican salsa
 - Olive oil
 - Avocado
 - Greek Yogurt and Cilantro
- Nutritional Information (per serving):
 - Calories: 550
 - Protein: 35g
 - Carbohydrates: 30g
 - Fiber: 4g
 - Fat: 32g



Loaded Nachos

Featuring Jakana Foods, Florence Fruits and Vegetables, Ataros, Rosalines, Oven Fresh. Meatry

- Ingredients:
 - Tortilla chips (2 cups)
 - Cheddar cheese, shredded (1 cup)
 - Ground beef or black beans (1 cup, cooked)
 - Taco Seasoning
 - Mexican salsa
 - Fresh Chili, sliced
 - Sour cream (or Greek Yogurt) and guacamole (optional)
- Nutritional Information (per serving):
 - Calories: 650
 - Protein: 28g
 - Carbohydrates: 45g
 - Fiber: 7g
 - Fat: 40g



Taco Salad Bowl

Featuring Jakana Foods, Meatry, Florence Fruits and Vegetables, Ataros

- Ingredients:
 - Tortilla bowls (2)
 - Ground beef (1 cup, cooked)
 - Taco Seasoning
 - Cheddar cheese, shredded (1/2 cup)
 - Mexican salsa (mango salsa or your favorite)
 - Shredded lettuce, diced tomatoes, and cooked black beans
 - Avocado slices and lime wedges for garnish
- Nutritional Information (per serving):
 - Calories: 520
 - Protein: 32g
 - Carbohydrates: 45g
 - Fiber: 10g



Huevos Rancheros Breakfast Burritos

Featuring Jakana Foods, Florence Fruits and Vegetables, Quantum Yellow Yolk Eggs, Ataros

- Ingredients:
 - Fresh tortillas (4 small-sized)
 - Scrambled eggs (4)
 - Cheddar cheese, shredded (1 cup)
 - Green pepper, diced and cooked
 - Red onion, diced and cooked
 - Mexican salsa
 - Black beans, cooked
- Nutritional Information (per serving):
 - Calories: 420
 - Protein: 22g
 - Carbohydrates: 35g
 - Fiber: 8g
 - Fat: 20g



Beef and Cheddar Stuffed Bell Peppers

Featuring Florence Fruits and Vegetables, Jakana Foods, Meatry

- Ingredients:
 - Bell peppers (2) par boiled
 - Ground beef (1 cup, cooked)
 - Taco Seasoning
 - Cheddar cheese, shredded (1/2 cup)
 - Mexican salsa
 - Rice, cooked
 - Combine all warm ingredients inside cooked pepper, broil until cheese melts
- Nutritional Information (per serving):
 - Calories: 520
 - Protein: 28g
 - Carbohydrates: 35g
 - Fiber: 6g
 - Fat: 28g



Thank you for choosing the Southside Farmers Market! We invite you to return each week and explore a fresh array of recipes crafted by our local food artisans, bringing you the taste of all-natural, love-infused goodness from Uganda. Your support fuels their passion to serve you, ensuring every visit is a delightful journey through the heart of local flavors.

[BUY INGREDIENTS HERE](#)