

Stuffed Peppers

(makes 6 servings)

Ingredients:

3 bell peppers, sliced in half with the insides removed

Rice Filling

2 cups of cooked rice (you can use cauliflower rice or quinoa also)

1 can of black beans, drained and rinsed

1 hand full of spinach, chopped

1 large tomato, diced

1 cup of frozen sweet corn, thawed

1 cup of red onion, diced

2 garlic cloves, minced

2 scallions, chopped

½ cup cilantro, chopped

2 teaspoons of chili powder

½ teaspoon of coriander powder

Pinch of cumin

½ cup of vegetable stock

1 teaspoon of Mexican oregano (regular oregano will also work)

3 tablespoons of vegetable broth

Sea salt and black pepper to taste

Queso

1 cup Peeled & Chopped Russet Potatoes* (about 1/2" cubes)

2 Medium Carrots, sliced into small rounds

1 medium Zucchini, peeled and chopped

¼ cup Red Bell Pepper, diced

⅓ cup Nutritional Yeast

¼ cup Tahini

½ cup + 2 tablespoons water

¼ cup Pickled Jalapeño brine (the liquid from a can of Pickled Jalapeños)

¼ cup Salsa 3 tablespoons Pickled Jalapeño Nacho Slices, diced (mild or hot)

Pico Topping

1 large tomato, diced

¼ cup of red onion, diced

½ cup cilantro, diced

1 scallion, chopped

Juice of 1 lime

Sea salt and black pepper to taste

Toppings: scallions

Directions:

1. Preheat the oven to 350 degrees.
2. First make the Pico by adding all the ingredients to a medium size bowl and mix until everything is combined and refrigerate until you are ready to use.
3. Place a large skillet over medium heat and add in the vegetable broth, red onions, and garlic. Sauté for about 4 minutes while stirring until the onions become tender and fragrant.
4. Next add in the rice, beans, seasonings, and vegetable stock. Simmer while stirring for about 5 minutes.
5. Add in the corn, tomatoes, spinach, cilantro, and green onions. Simmer while stirring for about 5 to 6 minutes, then add the sea salt and black pepper (optional).
6. Placed the sliced bell peppers face up into a baking dish.
7. Use a spoon to add the rice mixture into each pepper, making sure that they are nice and packed.
8. Cover the baking dish with parchment paper and foil and bake on the middle oven rack for 15 to 20 minutes.
9. While the peppers are baking, make the queso sauce.
10. **Queso:** add the chopped Potatoes, Carrots, and Zucchini to a medium pot. Cover with water, then bring to a boil over high heat. Reduce the heat to a simmer, and cook for 7-10 minutes, until the Carrots are tender. Drain. Add the boiled Vegetables, Red Pepper, and Jalapeño Brine to

a high-speed Blender or Food Processor. Blend for 60 seconds, to ensure the mixture is smooth. Next, add the Nutritional Yeast, Tahini, and Filtered Water (start with 1/2 cup and increase from there). Blend for another 60 seconds, until everything is well-incorporated. Finally, add the Salsa and diced Jalapeños to the queso. Pulse until evenly combined, then serve as desired.

11. Once the peppers are done, remove them from the oven and top with the queso and pico before serving.

Mexican Salad **(makes 6 servings)**

Ingredients:

- 1 large head romaine lettuce, chopped
- 1 15 ounce can black beans, rinsed and drained
- 1 cup cherry or grape tomatoes, halved
- 2 ears sweet corn on the cob
- ¾ English cucumber, sliced and quartered
- 1 red bell pepper, chopped
- 1 avocado, pitted and sliced
- 1 small bunch radishes, thinly sliced
- 1/8 cup red onions, diced
- ¼ cup pepitas, toasted
- 6 corn tortillas, cut into strips and baked

Dressing

- 1 cup balsamic dressing
- 1 tablespoon Grey Poupon mustard
- 1 shallot, diced
- 1 tablespoon yellow mustard
- 1 tablespoon agave
- 1 tablespoon ground flax seeds

Directions:

1. Preheat the oven to 425 degrees.
2. Cut tortillas into ½ thick strips and then add to a baking sheet and arrange in a single level. Bake for 10 to 12 minutes or until golden brown and then at the very end of the baking, add the pepitas and then remove from the oven.
3. Dressing: add all ingredients into a blender and blend until smooth. Set aside.
4. Corn: boil the corn and then after cooled, slice the kernels from the cob and set aside.
5. Add the salad ingredient to a large bowl except for the avocado, tortilla strips and pepitas and

toss to combine.

6. Toss the salad with the desired dressing amount and then garnish with the avocado, tortilla strips and pepitas.