



# Cinco de Mayo Recipe Collection

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# Shrimp Ceviche

3 SERVINGS 5 MINUTES



## INGREDIENTS

12 ozs Shrimp, Cooked (chopped)  
1 Tomato (large, diced)  
1 Avocado (diced)  
1/3 Jalapeno Pepper (seeds removed, finely chopped)  
1/4 cup Red Onion (finely chopped)  
1/4 cup Cilantro (finely chopped)  
2 tbsps Lemon Juice  
1/2 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 234 | Cholesterol | 214mg |
| Fat      | 10g | Sodium      | 541mg |
| Carbs    | 9g  | Vitamin A   | 759IU |
| Fiber    | 5g  | Vitamin C   | 20mg  |
| Sugar    | 1g  | Calcium     | 94mg  |
| Protein  | 29g | Iron        | 1mg   |

## DIRECTIONS

01 Mix all the ingredients together in a medium bowl. Adjust the seasoning to your taste and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to approximately 2/3 cup ceviche.

### MORE FLAVOR

Add cucumber.

### NO LEMON JUICE

Use lime juice instead.

### NO JALAPENO

Omit or use chili flakes.

### SERVE IT WITH

Serve over tostadas or with tortilla chips.

# Street Corn

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 ears Corn on the Cob (husk removed)  
1 1/2 tsps Avocado Oil  
3 tsps Plain Greek Yogurt  
2 tsps Mayonnaise  
1 tbsp Lime Juice  
1/4 tsp Sea Salt  
1/4 tsp Smoked Paprika  
2 tsps Feta Cheese (crumbled)  
2 tsps Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 260 | Cholesterol | 17mg  |
| Fat      | 17g | Sodium      | 503mg |
| Carbs    | 21g | Vitamin A   | 379IU |
| Fiber    | 1g  | Vitamin C   | 8mg   |
| Sugar    | 6g  | Calcium     | 97mg  |
| Protein  | 7g  | Iron        | 0mg   |

## DIRECTIONS

- 01 Heat a skillet over medium heat and brush the corn with avocado oil. Place the corn on the pan and cook for about 10 minutes total, rotating the corn every few minutes so all sides become blistered.
- 02 Meanwhile, in a small bowl, mix together the greek yogurt, mayonnaise, lime juice, salt, and smoked paprika.
- 03 Once the corn has finished cooking, smother with the dressing. Top with feta cheese and cilantro. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is one ear of corn.

### DAIRY-FREE

Use a dairy free yogurt and omit the feta, or use a plant-based feta cheese.

# Cucumber & Lime Chia Fresca

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 Cucumber (chopped)  
3 cups Water  
2 tbsps Lime Juice  
1 tbsp Maple Syrup  
1 tbsp Chia Seeds  
8 Ice Cubes

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |      |
|----------|-----|-------------|------|
| Calories | 69  | Cholesterol | 0mg  |
| Fat      | 2g  | Sodium      | 11mg |
| Carbs    | 13g | Vitamin A   | 87IU |
| Fiber    | 2g  | Vitamin C   | 7mg  |
| Sugar    | 8g  | Calcium     | 98mg |
| Protein  | 2g  | Iron        | 1mg  |

## DIRECTIONS

- 01 Blend the cucumber, water, lime juice, and maple syrup in a blender until smooth.
- 02 Pour the mixture into a pitcher. Optional: use a fine mesh strainer to strain the mixture. Stir in the chia seeds and allow them to sit for 10 minutes.
- 03 Add ice to glasses and pour the chia fresca over top. Enjoy!

## NOTES

### LEFTOVERS

Best served immediately. Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

### MORE FLAVOR

Add chopped mint.

# Chimichurri Corn Crostini

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 tbsps Parsley (chopped)  
1 1/2 tbsps Extra Virgin Olive Oil  
1 1/2 tbsps Lemon Juice  
1 Garlic (clove, minced)  
1/8 tsp Sea Salt  
1/2 tsp Chili Flakes  
1 cup Corn  
2 ozs Sourdough Baguette (sliced,  
toasted)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 247 | Cholesterol | 0mg   |
| Fat      | 12g | Sodium      | 310mg |
| Carbs    | 34g | Vitamin A   | 517IU |
| Fiber    | 2g  | Vitamin C   | 14mg  |
| Sugar    | 4g  | Calcium     | 16mg  |
| Protein  | 5g  | Iron        | 2mg   |

## DIRECTIONS

- 01 In a bowl, mix together the parsley, oil, lemon juice, garlic, salt, and chili flakes. Add the corn and stir well to combine.
- 02 Top the sliced baguettes with the corn mixture. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the corn mixture in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately two to three crostini.

### ADDITIONAL TOPPINGS

Feta cheese.

### GLUTEN-FREE

Use a gluten-free baguette or gluten-free crackers instead.

# Portobello Mushroom Fajitas

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 tbsps Water (divided)  
3 cups Portobello Mushroom (sliced)  
1 Red Bell Pepper (medium, sliced)  
1/2 cup Red Onion (medium, sliced)  
1 1/2 tsps Taco Seasoning  
1/4 tsp Sea Salt  
4 Corn Tortilla  
1 Avocado (mashed)  
2 tbsps Cilantro (chopped)  
1/4 Lemon (cut into wedges)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 394 | Cholesterol | 0mg    |
| Fat      | 17g | Sodium      | 518mg  |
| Carbs    | 54g | Vitamin A   | 2078IU |
| Fiber    | 15g | Vitamin C   | 92mg   |
| Sugar    | 9g  | Calcium     | 241mg  |
| Protein  | 11g | Iron        | 3mg    |

## DIRECTIONS

- 01 Heat up a large pan over medium-high heat. Add half of the water to the pan along with mushroom, bell pepper, and red onion. Stir and cook for two to three minutes until water evaporates. Then add the taco seasoning, salt, and the remaining water.
- 02 Cook and stir occasionally for another three to four minutes or until veggies are tender and browned (if the pan seems too dry, add a splash of water). Take the pan off the heat.
- 03 Top each tortilla with the mushroom mixture, smashed avocado, and chopped cilantro. Drizzle with lemon juice. Enjoy.

## NOTES

### LEFTOVERS

Refrigerate the mushroom mixture in an airtight container for up to three days. Assemble the fajitas before serving.

### SERVING SIZE

One serving is equal to two fajitas.

### ADDITIONAL TOPPINGS

Serve with salsa, hot sauce, and shredded cabbage.

### NO CORN TORTILLA

Use flour tortilla or iceberg lettuce as a wrap.

# Horchata

4 SERVINGS 8 HOURS 20 MINUTES



## INGREDIENTS

2/3 cup Basmati Rice (uncooked)  
1/4 cup Almonds  
1 serving Cinnamon Stick (small)  
2 cups Water (cold, divided)  
2 tbsps Honey  
1/2 tsp Vanilla Extract  
1 cup Cow's Milk, Reduced Fat  
12 Ice Cubes  
1/2 tsp Cinnamon (for optional garnish)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 235 | Cholesterol | 5mg   |
| Fat      | 6g  | Sodium      | 31mg  |
| Carbs    | 40g | Vitamin A   | 1IU   |
| Fiber    | 4g  | Vitamin C   | 0mg   |
| Sugar    | 12g | Calcium     | 112mg |
| Protein  | 7g  | Iron        | 0mg   |

## DIRECTIONS

- 01 Add the rice, almonds, and cinnamon stick to a high-speed blender. Blend for about 30 to 60 seconds on high speed or until finely pulverized.
- 02 Pour in 1/2 of the water, honey, and vanilla. Blend an additional 30 seconds.
- 03 Pour the mixture into a large pitcher or container. Add the milk and remaining water into the mixture. Cover with a lid or plastic wrap and let it chill in the fridge for at least eight hours or over night.
- 04 Strain the mixture through a fine-mesh sieve and serve over ice. Divide between glasses and top with cinnamon, if using, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight jar or container for up to three days.

### SERVING SIZE

One serving is equal to approximately 3/4 cup.

### DAIRY-FREE

Use plant-based milk instead.

### NUT-FREE

Omit the almonds.

# Cauliflower Tacos with Lime Crema

4 SERVINGS 50 MINUTES



## INGREDIENTS

1 1/2 tbsps Avocado Oil  
1 tsp Cumin  
1 tsp Smoked Paprika  
1/2 tsp Garlic Powder  
1/2 tsp Sea Salt (divided)  
1 head Cauliflower (medium sized, chopped into florets)  
1/3 cup Cashews (soaked, drained and rinsed)  
1 1/2 Lime (juiced)  
1/4 cup Water  
8 Corn Tortilla  
1 cup Purple Cabbage (thinly sliced)  
1 Avocado (sliced)  
1/4 cup Cilantro (chopped, for garnish, optional)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 386 | Cholesterol | 0mg   |
| Fat      | 20g | Sodium      | 353mg |
| Carbs    | 47g | Vitamin A   | 687IU |
| Fiber    | 9g  | Vitamin C   | 94mg  |
| Sugar    | 5g  | Calcium     | 264mg |
| Protein  | 8g  | Iron        | 3mg   |

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. In a small bowl stir together the oil, cumin, paprika, garlic powder and half the salt. Add the cauliflower to the sheet and pour the oil mixture on top. Toss with your hands. Bake for 20 minutes. Remove, flip the cauliflower around and roast for an additional 15 minutes.
- 02 Meanwhile, add the soaked and rinsed cashews to a blender along with the lime juice, water and remaining sea salt. Blend on high until smooth and creamy.
- 03 Divide the tortillas between plates. Add the cabbage, roasted cauliflower and avocado to each tortilla. Drizzle the cashew lime sauce over each taco and garnish with cilantro, if using. Enjoy!

## NOTES

### LEFTOVERS

This recipe is best stored with ingredients kept separately. Store everything in their own airtight container for up to three days.

### SERVING SIZE

One serving is two tacos.

### MORE FLAVOR

Season the cabbage with extra lime juice and sea salt.

### ADDITIONAL TOPPINGS

Top with thinly sliced radish and/or chili flakes.

### NUT-FREE

Use plain coconut yogurt mixed with lime juice instead of cashew cream.





# Strawberry Kiwi Paletas

9 SERVINGS 6 HOURS



## INGREDIENTS

2 cups Strawberries (stems removed)  
2 Kiwi (peeled, roughly chopped)  
1/2 cup Water  
2 tsp Cane Sugar

## NUTRITION

### AMOUNT PER SERVING

|          |    |             |      |
|----------|----|-------------|------|
| Calories | 23 | Cholesterol | 0mg  |
| Fat      | 0g | Sodium      | 1mg  |
| Carbs    | 6g | Vitamin A   | 17IU |
| Fiber    | 1g | Vitamin C   | 33mg |
| Sugar    | 4g | Calcium     | 12mg |
| Protein  | 0g | Iron        | 0mg  |

## DIRECTIONS

- 01 Add all of the ingredients to a blender and blend until smooth.
- 02 Use popsicle molds or pour into paper cups and insert each popsicle stick into a small piece of strawberry to anchor it into each cup.
- 03 Freeze for five to six hours or until completely frozen. Enjoy!

## NOTES

### LEFTOVERS

Keep frozen popsicles in an airtight container in the freezer for up to one month.

### SERVING SIZE

One serving is one ice pop.

### NO CANE SUGAR

Use monk fruit sweetener, raw honey, maple syrup, or coconut sugar.

# Almond Flour Churros

12 SERVINGS 25 MINUTES



## INGREDIENTS

1 cup Water  
2 tbsps Coconut Sugar (plus more for dusting)  
3 tbsps Butter  
2 cups Almond Flour  
2/3 cup Tapioca Flour  
2 tsps Cinnamon

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |      |
|----------|-----|-------------|------|
| Calories | 160 | Cholesterol | 8mg  |
| Fat      | 12g | Sodium      | 1mg  |
| Carbs    | 12g | Vitamin A   | 90IU |
| Fiber    | 2g  | Vitamin C   | 0mg  |
| Sugar    | 2g  | Calcium     | 47mg |
| Protein  | 4g  | Iron        | 1mg  |

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the water, coconut sugar, and butter to a pot and bring to a boil. Remove from heat.
- 03 Stir in the almond flour and tapioca flour until a sticky dough forms. Set aside to cool for five minutes.
- 04 Transfer the dough to a piping bag fitted with a large star tip and pipe the dough onto the baking sheet into four-inch (10 cm) lines. Bake for 20 to 22 minutes, until golden on top.
- 05 Meanwhile, whisk together a generous amount of coconut sugar with the cinnamon in a shallow baking dish. Toss the churros in the cinnamon sugar while they're still warm. Enjoy!

## NOTES

### LEFTOVERS

These are best enjoyed day of. Refrigerate in an airtight container for up to four days or freeze for up to one month.

### SERVING SIZE

One serving is equal to one churro.

### DAIRY-FREE

Use coconut oil instead of butter.

### MORE FLAVOR

Dip the churros in melted chocolate.

# Spicy Salsa

3 SERVINGS 10 MINUTES



## INGREDIENTS

2 Tomato (medium, diced)  
2 tbsps Cilantro (chopped)  
1/4 cup Red Onion (diced)  
1/2 Jalapeno Pepper (seeds removed, finely chopped)  
1 1/2 tbsps Lime Juice  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

|          |    |             |        |
|----------|----|-------------|--------|
| Calories | 20 | Cholesterol | 0mg    |
| Fat      | 0g | Sodium      | 229mg  |
| Carbs    | 4g | Vitamin A   | 1181IU |
| Fiber    | 1g | Vitamin C   | 18mg   |
| Sugar    | 1g | Calcium     | 9mg    |
| Protein  | 1g | Iron        | 0mg    |

## DIRECTIONS

01 Combine all of the ingredients in a bowl and mix well. Serve, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately 1/3 cup.

### SERVE IT WITH

Serve with tortilla chips, crackers, on top of tacos, salads, bowls, and/or sandwiches.

### MORE SPICY

Increase the amount of jalapeño and/or add the seeds from the pepper(s).

# Shrimp Stuffed Avocado

2 SERVINGS 10 MINUTES



## INGREDIENTS

5 ozs Shrimp, Cooked (small, roughly chopped)  
2 tbsps Mayonnaise  
1 tbsp Red Onion (diced)  
1/2 tsp Hot Sauce  
1 tbsp Cilantro (finely chopped)  
1/2 tsp Lime Juice  
Sea Salt & Black Pepper (to taste)  
2 Avocado (large, pit removed)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 488 | Cholesterol | 140mg |
| Fat      | 40g | Sodium      | 208mg |
| Carbs    | 18g | Vitamin A   | 337IU |
| Fiber    | 14g | Vitamin C   | 21mg  |
| Sugar    | 2g  | Calcium     | 76mg  |
| Protein  | 21g | Iron        | 2mg   |

## DIRECTIONS

- 01 In a bowl, combine the shrimp, mayonnaise, red onion, hot sauce, cilantro, and lime juice. Stir well to combine and season with salt and pepper.
- 02 Spoon the shrimp mixture into the avocado. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is two halves.

# Carne Asada Tacos

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 tsp Extra Virgin Olive Oil  
1 Lime (juiced)  
2 tbsps Cilantro (chopped, plus more for garnish)  
1/4 tsp Cumin  
Sea Salt & Black Pepper (to taste)  
8 ozs Flank Steak  
1/3 cup Guacamole  
4 Corn Tortilla (small, warmed)  
1/4 White Onion (small, diced)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 410 | Cholesterol | 77mg  |
| Fat      | 17g | Sodium      | 121mg |
| Carbs    | 35g | Vitamin A   | 82IU  |
| Fiber    | 5g  | Vitamin C   | 12mg  |
| Sugar    | 1g  | Calcium     | 245mg |
| Protein  | 27g | Iron        | 3mg   |

## DIRECTIONS

- 01 In a zipper-lock bag, add the oil, lime juice, cilantro, cumin, salt, and pepper. Mix everything together and add the steak to the bag. Marinate for about 15 minutes at room temperature.
- 02 Warm a pan over medium-high heat. Add the steak to the pan and cook for four to five minutes on each side, or until desired doneness. Remove the steak from the heat and allow it to rest for about five minutes before slicing into it.
- 03 Cut the steak into small cubes. Divide the steak and guacamole between tortillas. Top with onion and cilantro. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to two tacos.

### MORE FLAVOR

Marinate the steak overnight in the fridge.

### ADDITIONAL TOPPINGS

Chopped jalapeño and sour cream.

# Air Fryer Chicken Taquitos

2 SERVINGS 15 MINUTES



## INGREDIENTS

5 ozs Chicken Breast (shredded, Cooked)  
1/4 cup Enchilada Sauce  
1/3 cup Black Beans (cooked, rinsed)  
2 tbsps Cream Cheese, Regular  
4 Whole Wheat Tortilla (small size)  
2 ozs Cheddar Cheese (shredded)  
1 tsp Avocado Oil  
1/2 Avocado (cubed)  
2 tbsps Cilantro (roughly chopped, for topping)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 644 | Cholesterol | 93mg  |
| Fat      | 34g | Sodium      | 943mg |
| Carbs    | 52g | Vitamin A   | 716IU |
| Fiber    | 14g | Vitamin C   | 5mg   |
| Sugar    | 4g  | Calcium     | 429mg |
| Protein  | 35g | Iron        | 4mg   |

## DIRECTIONS

- 01 Preheat the air fryer to 400°F (205°C).
- 02 In a medium-sized bowl, combine the chicken, enchilada sauce, black beans, and cream cheese and stir together.
- 03 Lay the tortilla on a flat surface and divide the chicken mixture evenly into the tortillas. Top with cheese. Roll tightly and place in the air fryer, seam side down. Brush each taquito with avocado oil.
- 04 Bake for five to six minutes, until lightly browned and crispy on one side, flip and bake for another five to six minutes.
- 05 Divide the taquitos onto plates and top with cubed avocado and cilantro. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh while still crispy. Can refrigerate for up to three days and reheat in the oven or in a pan.

### SERVING SIZE

One serving is two small tortillas.

### GLUTEN-FREE

Use gluten-free tortilla wraps.

### DAIRY-FREE

Use dairy-free cream cheese and shredded cheese.

### MORE FLAVOR

Add hot sauce to the chicken.

# Sweet Potato Quesadillas

3 SERVINGS 20 MINUTES



## INGREDIENTS

- 1/4 cup Water (divided)
- 1 Sweet Potato (shredded)
- 1 1/2 tsps Taco Seasoning
- 1 1/2 cups Baby Spinach
- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 cup Salsa
- 3 Brown Rice Tortilla

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 334 | Cholesterol | 0mg    |
| Fat      | 3g  | Sodium      | 951mg  |
| Carbs    | 64g | Vitamin A   | 7959IU |
| Fiber    | 14g | Vitamin C   | 7mg    |
| Sugar    | 9g  | Calcium     | 84mg   |
| Protein  | 13g | Iron        | 4mg    |

## DIRECTIONS

- 01 Heat a large nonstick skillet over medium heat. Add half the water and then the sweet potato and sauté for one minute. Then add the taco seasoning. Sauté over medium-low heat until cooked through, about six to eight minutes. Add more water if needed to prevent any sticking.
- 02 Once the sweet potato is cooked through, add the spinach, black beans, and salsa. Stir to combine and cook until the spinach is wilted and the beans are warmed through. Remove from the heat and set aside in a large bowl. Wipe out the skillet.
- 03 Place the tortilla on the skillet over medium-low heat and spread the sweet potato filling over half the tortilla, leaving a slight border around the edges. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

## NOTES

### LEFTOVERS

For best results, enjoy immediately. Refrigerate in an airtight container for up to two days. Reheat in a dry pan.

### MORE FLAVOR

Add cheese or plant-based cheese. Add salt and pepper to the bean mixture. Serve with avocado on the side or mashed for dipping.

# One Pan Steak Fajitas

4 SERVINGS 20 MINUTES



## INGREDIENTS

1 tbsp Chili Powder  
1/2 tsp Cumin  
1/2 tsp Sea Salt  
1 Red Bell Pepper (medium, sliced)  
1 Orange Bell Pepper (medium, sliced)  
1 Sweet Onion (medium, sliced)  
1 lb Flank Steak (sliced)  
1 tbsp Extra Virgin Olive Oil  
1 head Iceberg Lettuce (small, leaves pulled apart)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 289 | Cholesterol | 77mg   |
| Fat      | 14g | Sodium      | 436mg  |
| Carbs    | 16g | Vitamin A   | 2298IU |
| Fiber    | 4g  | Vitamin C   | 131mg  |
| Sugar    | 8g  | Calcium     | 88mg   |
| Protein  | 27g | Iron        | 3mg    |

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 02 In a bowl, combine the chili powder, cumin, and salt. Set aside.
- 03 In a large mixing bowl, add your sliced peppers, onion, and steak. Drizzle with oil and then sprinkle with the seasoning. Toss until well coated. Transfer to your baking sheet and bake for 10 to 15 minutes or until the steak is cooked to your liking and the peppers are soft.
- 04 Scoop the steak and peppers into lettuce wraps and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately three fajitas.

### MORE FLAVOR

Add jalapeño peppers, paprika, and garlic powder. Cook on the barbecue in a grilling basket. Serve with corn tortillas instead of lettuce.

### ADDITIONAL TOPPINGS

Serve with avocado, lime juice, cashew cream sauce, or plain yogurt.



# Chicken & Veggie Quesadillas

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Whole Wheat Tortilla (large)  
3 ozs Cheddar Cheese (grated)  
8 ozs Chicken Breast, Cooked (shredded)  
1/4 cup Red Onion (thinly sliced)  
1/3 cup Salsa  
2 stalks Green Onion (chopped)  
1/4 cup Cilantro (chopped)  
1/2 Jalapeno Pepper (thinly sliced, optional)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 495 | Cholesterol | 160mg  |
| Fat      | 22g | Sodium      | 901mg  |
| Carbs    | 26g | Vitamin A   | 1419IU |
| Fiber    | 6g  | Vitamin C   | 9mg    |
| Sugar    | 4g  | Calcium     | 433mg  |
| Protein  | 49g | Iron        | 2mg    |

## DIRECTIONS

- 01 Heat a large non-stick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
- 02 Add the shredded chicken breast to half the tortilla and top with red onion, salsa, green onion, cilantro, and jalapeno pepper.
- 03 Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

## NOTES

### LEFTOVERS

This is best enjoyed right after cooking.

### GLUTEN-FREE

Use a gluten-free tortilla.

### DAIRY-FREE

Use a dairy-free cheese.

### MORE FLAVOR

Season the chicken with chili powder, smoked paprika, and/or salt.

### ADDITIONAL TOPPINGS

Sour cream, greek yogurt, salsa, or guacamole.

### SERVING SIZE

One serving is equal to one quesadilla.

# Chili Lime Shrimp Tacos

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 lb Shrimp (large, peeled)  
1 Lime (zested and juiced, separated)  
2 tbsps Extra Virgin Olive Oil  
2 Garlic (cloves, minced)  
1 tsp Chili Powder  
1/2 tsp Sea Salt (divided)  
4 cups Green Cabbage (shredded)  
8 Corn Tortilla

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 325 | Cholesterol | 183mg |
| Fat      | 9g  | Sodium      | 466mg |
| Carbs    | 35g | Vitamin A   | 29IU  |
| Fiber    | 5g  | Vitamin C   | 36mg  |
| Sugar    | 3g  | Calcium     | 315mg |
| Protein  | 26g | Iron        | 2mg   |

## DIRECTIONS

- 01 In a large bowl combine the shrimp, lime zest, olive oil, garlic, chili powder and half of the salt. Let shrimp marinate for 10 to 15 minutes.
- 02 Meanwhile, in a second bowl combine the cabbage with the lime juice and remaining salt and toss well. Set aside.
- 03 Heat a large nonstick pan over medium-high heat. Cook the shrimp until no longer opaque, about 1 to 2 minutes per side.
- 04 Meanwhile, warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
- 05 To assemble the tacos, layer the cabbage and shrimp on top of a warm tortilla and season with additional lime juice if needed. Enjoy!

## NOTES

### MORE FLAVOUR

Add your favourite taco toppings like avocado, salsa, cheese, jalapeno, sour cream and cilantro.

### GRAIN-FREE

Use lettuce wraps instead of corn tortillas.

### SERVING SIZE

One serving is equal to two tacos.

### TIME SAVER

Tortillas can also be warmed in the microwave. Wrap the tortillas in a paper towel and heat for 30 to 60 seconds until soft and pliable.

# Air Fryer Chimichangas

2 SERVINGS 15 MINUTES



## INGREDIENTS

6 ozs Chicken Breast, Cooked (shredded)  
1/2 cup Black Beans (cooked, rinsed)  
1/3 cup Enchilada Sauce  
1/4 cup Salsa  
2 1/2 ozs Cheddar Cheese (shredded)  
2 Whole Wheat Tortilla (large size)  
1 tsp Avocado Oil

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 496 | Cholesterol | 123mg |
| Fat      | 21g | Sodium      | 964mg |
| Carbs    | 34g | Vitamin A   | 889IU |
| Fiber    | 9g  | Vitamin C   | 1mg   |
| Sugar    | 3g  | Calcium     | 380mg |
| Protein  | 43g | Iron        | 3mg   |

## DIRECTIONS

- 01 Preheat the air fryer to 400°F (205°C).
- 02 In a medium-sized bowl, combine the chicken, beans, enchilada sauce, and salsa and mix to combine. Then fold in the cheese and stir just to combine.
- 03 Lay the tortilla on a flat surface and divide the chicken mixture evenly into the tortillas. Roll tightly, tucking in all sides, and place in the air fryer, seam side down. Brush each chimichanga with oil.
- 04 Bake for nine to ten minutes, flipping halfway through, until lightly browned and crispy on both sides. Remove and let cool slightly before cutting in half. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh while still crispy. Can refrigerate for up to three days and reheat in the oven or in a pan.

### SERVING SIZE

One serving is one tortilla (large size).

### GLUTEN-FREE

Use a gluten-free tortilla wrap.

### DAIRY-FREE

Use a dairy-free cheese.

### MORE FLAVOR

Add hot sauce.

# Enchiladas

6 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 tbsp Avocado Oil
- 1/2 cup Red Onion (small, chopped)
- 1 Jalapeno Pepper (seeded, minced)
- 3 Garlic (cloves, minced)
- 1 3/4 cups Black Beans (cooked, rinsed)
- 12 ozs Chicken Breast, Cooked (shredded)
- 2 cups Enchilada Sauce (divided)
- Sea Salt & Black Pepper (to taste)
- 6 Brown Rice Tortilla (slightly warmed up)
- 1 Avocado (sliced)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 407 | Cholesterol | 59mg  |
| Fat      | 13g | Sodium      | 612mg |
| Carbs    | 47g | Vitamin A   | 631IU |
| Fiber    | 10g | Vitamin C   | 8mg   |
| Sugar    | 5g  | Calcium     | 32mg  |
| Protein  | 26g | Iron        | 3mg   |

## DIRECTIONS

- 01 Preheat the oven to 375°F (191°C).
- 02 In a large skillet over medium heat, pour in the oil. Once hot, add in the onion and jalapeno pepper. Cook for five minutes, until softened. Reduce the heat to medium-low. Add the garlic and cook for another one to two minutes. Set aside.
- 03 Add the beans, chicken, and 1/3 of the enchilada sauce to the skillet and season with salt and pepper. Stir to combine.
- 04 Pour another 1/3 of the enchilada sauce on the bottom of the baking dish.
- 05 Place the tortilla on a flat surface and scoop out the chicken and bean mixture into the tortilla in a line down the center. Roll tightly and transfer to the prepared baking dish, seam side down. Repeat with the remaining tortillas.
- 06 Pour the remaining enchilada sauce on top of the tortillas. Place in the oven and bake for 20 minutes. Remove, let cool slightly before serving. Top with avocado. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is one tortilla.

### MORE FLAVOR

Add hot sauce to the enchiladas or for serving.

### ADDITIONAL TOPPINGS

Top with cilantro.

### MAKE IT VEGAN

Omit the chicken and use more beans.





# Pressure Cooker Rice & Bean Burritos

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 tsps Extra Virgin Olive Oil  
1 Yellow Onion (chopped)  
1 Red Bell Pepper (chopped)  
2 tsps Smoked Paprika  
1 tsp Cumin  
1/4 tsp Sea Salt  
1 3/4 cups Black Beans (cooked, rinsed)  
1 cup Basmati Rice  
3/4 cup Salsa  
1 1/2 cups Water  
4 Brown Rice Tortilla  
1 Avocado (mashed, optional)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 568 | Cholesterol | 0mg    |
| Fat      | 13g | Sodium      | 674mg  |
| Carbs    | 98g | Vitamin A   | 1807IU |
| Fiber    | 17g | Vitamin C   | 44mg   |
| Sugar    | 9g  | Calcium     | 70mg   |
| Protein  | 16g | Iron        | 5mg    |

## DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
- 02 Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 03 Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
- 04 Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to one burrito.

### MORE FLAVOR

Add minced garlic and/or chili powder when cooking the onions and peppers  
Add cilantro to the mashed avocado.



# Jackfruit Carnitas Tacos

4 SERVINGS 35 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
1/2 Yellow Onion (medium, diced)  
4 cups Canned Jackfruit (young, drained, rinsed, cored)  
1/2 cup Water  
1 tbsp Tomato Paste  
2 tbsps Coconut Sugar  
2 tsps Cumin  
1 tsp Smoked Paprika  
1/4 cup Orange Juice  
1/4 cup Guacamole  
8 Corn Tortilla  
1/4 cup Red Onion (diced)  
1/4 cup Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 397 | Cholesterol | 0mg   |
| Fat      | 7g  | Sodium      | 48mg  |
| Carbs    | 82g | Vitamin A   | 460IU |
| Fiber    | 6g  | Vitamin C   | 12mg  |
| Sugar    | 8g  | Calcium     | 305mg |
| Protein  | 4g  | Iron        | 3mg   |

## DIRECTIONS

- 01 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 02 Heat the oil in a skillet over medium heat. Add the onion and cook for three to five minutes until softened. Add the jackfruit and water, and simmer for ten minutes.
- 03 Add the tomato paste, coconut sugar, cumin, smoked paprika, and orange juice and simmer on low for ten minutes. Pull apart the jackfruit with a fork.
- 04 Spread the jackfruit onto the prepared baking sheet and bake for 12 to 15 minutes, until crispy.
- 05 Spread the guacamole over the tortillas, and top with the jackfruit, red onion, and cilantro. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Assemble the tacos just before enjoying.

### SERVING SIZE

One serving is equal to approximately two tacos.

### MORE FLAVOR

Top with black beans, feta, and pickled onions.

# Mexican Street Corn Soup

4 SERVINGS 45 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
8 cups Frozen Corn (thawed)  
1 Yellow Onion (large, diced)  
1 tbsps Chili Powder  
1 tsp Sea Salt  
6 cups Water  
1/4 cup Nutritional Yeast  
1/4 Lime (juiced)  
1/4 cup Cilantro

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 379 | Cholesterol | 0mg    |
| Fat      | 9g  | Sodium      | 685mg  |
| Carbs    | 71g | Vitamin A   | 1319IU |
| Fiber    | 11g | Vitamin C   | 13mg   |
| Sugar    | 13g | Calcium     | 68mg   |
| Protein  | 14g | Iron        | 4mg    |

## DIRECTIONS

- 01 Heat oil in a large pot over medium-high heat. Add corn, onion, chili powder and salt. Stir occasionally for 6 to 8 minutes, or until onion is soft.
- 02 Scoop out 1/3 of the mixture and set aside. Add water to the pot. Bring to a boil and reduce to a simmer for 20 minutes.
- 03 Use a handheld immersion blender to puree until smooth (or carefully transfer to a blender). Stir in nutritional yeast, lime juice and half the reserved corn mixture. Adjust seasoning as needed.
- 04 Divide the soup into bowls and garnish with the remaining corn mixture, cilantro and additional chili powder (optional).

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to 5 days, or freeze if longer.

### SERVING SIZE

One serving is approximately two cups.

### MORE TOPPINGS

Top with lime zest, feta, Cotija cheese, avocado slices, or more nutritional yeast.

### MORE VEGGIES

Add potatoes, eddoes, jicama, chopped kale, red bell pepper, mushrooms or zucchini.

### NO FROZEN CORN

Use fresh corn, or canned corn.



# Stuffed Poblano Peppers

4 SERVINGS 45 MINUTES



## INGREDIENTS

- 1 tsp Extra Virgin Olive Oil
- 8 ozs Lean Ground Beef
- 1/4 Jalapeno Pepper (medium, seeds removed, finely chopped)
- 1 tbsp Taco Seasoning
- 1/4 cup Basmati Rice, Cooked
- 1/4 cup Black Beans (cooked)
- 1/4 cup Frozen Corn
- 1/2 cup Diced Tomatoes (from the can, undrained)
- 2 Poblano Pepper (large, halved, seeds removed)
- 2 ozs Mozzarella Cheese (shredded)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 246 | Cholesterol | 53mg  |
| Fat      | 15g | Sodium      | 281mg |
| Carbs    | 12g | Vitamin A   | 265IU |
| Fiber    | 2g  | Vitamin C   | 30mg  |
| Sugar    | 2g  | Calcium     | 81mg  |
| Protein  | 15g | Iron        | 2mg   |

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 02 Heat the oil in a pan over medium-high heat. Brown the beef in the pan, breaking it up as it cooks, about five minutes. Add the jalapeno and taco seasoning to the pan and cook for another minute. Add rice, black beans, corn, and diced tomatoes. Stir to combine.
- 03 Stuff the peppers with the beef filling and place them on the baking tray. Cover the peppers with foil and bake for 20 to 25 minutes or until peppers are tender.
- 04 Remove the foil and add the cheese on top. Broil for two to three minutes or until the cheese has melted. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is one stuffed pepper.

### NO JALAPENO

Omit or use chili flakes instead.

### ADDITIONAL TOPPINGS

Cilantro, green onion, hot sauce, and/or salsa.

# Pineapple Chicken Tacos

2 SERVINGS 30 MINUTES



## INGREDIENTS

6 ozs Chicken Breast (boneless, skinless)  
2/3 cup Pineapple (chopped)  
1/2 Jalapeno Pepper (diced)  
1/4 Yellow Onion (medium, diced)  
2 tsps Taco Seasoning  
1/4 cup Water  
1/2 Avocado (medium, sliced)  
4 Corn Tortilla (small, warmed)  
2 tsps Cilantro  
1/2 Lime (juiced)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 369 | Cholesterol | 62mg  |
| Fat      | 11g | Sodium      | 299mg |
| Carbs    | 45g | Vitamin A   | 241IU |
| Fiber    | 7g  | Vitamin C   | 39mg  |
| Sugar    | 8g  | Calcium     | 238mg |
| Protein  | 23g | Iron        | 3mg   |

## DIRECTIONS

- 01 In a pot over medium heat, add the chicken breast, pineapple, jalapeño, onion, taco seasoning, and water. Bring to a simmer, cover the pot with a lid and let it simmer for about 20 minutes or until the chicken is cooked through.
- 02 Once the chicken is done, take it out and shred it with two forks. Put it back into the pot and cook for another five minutes or until the water has evaporated. Adjust the seasoning to your taste.
- 03 Divide the shredded chicken and avocado between tortillas. Top with cilantro and lime juice. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the chicken mixture in an airtight container for up to three days.

Assemble before serving.

### SERVING SIZE

One serving is equal to two tacos.

### MORE FLAVOR

Add cabbage and sauce of your choice.

# Mexican Black Bean Wrap

1 SERVING 10 MINUTES



## INGREDIENTS

1/4 cup Unsweetened Coconut Yogurt  
3/4 tsp Taco Seasoning  
1 1/2 tbsps Lime Juice  
1 tbsp Cilantro  
1 cup Black Beans (cooked and rinsed)  
1 stalk Green Onion (chopped)  
1/4 cup Cherry Tomatoes (chopped)  
2 leaves Romaine  
1 Whole Wheat Pita

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 455 | Cholesterol | 0mg    |
| Fat      | 4g  | Sodium      | 484mg  |
| Carbs    | 87g | Vitamin A   | 5757IU |
| Fiber    | 22g | Vitamin C   | 16mg   |
| Sugar    | 6g  | Calcium     | 221mg  |
| Protein  | 23g | Iron        | 7mg    |

## DIRECTIONS

- 01 In a mixing bowl combine the coconut yogurt, taco seasoning, lime juice, and cilantro. Add the black beans, green onion, and tomatoes and stir to combine. Season the mixture with additional lime juice or salt if needed.
- 02 Open the pita, add the lettuce, and top with the black bean mixture. Roll the pita tightly to close. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Assemble just before serving.

### SERVING SIZE

One wrap is one serving.

### GLUTEN-FREE

Use a gluten-free pita, tortillas, gluten-free bread, or lettuce wraps instead.

### MORE FLAVOR

Add fresh garlic, red pepper flakes, or hot sauce.

### ADDITIONAL TOPPINGS

Salsa, avocado, cheese, or jalapenos.

### NO COCONUT YOGURT

Use plain yogurt or Greek yogurt instead.