



Recipes

Sin-Quesadillas

serves 2-4

- 4 soft tortillas (flour or brown rice, if gluten-free)
- 1 can refried beans (black bean or pinto)
- 1 red bell pepper
- 2 cups spinach (or other leafy green like kale)
- 2 tbsp nutritional yeast

In a large pan heat 1 tablespoon of olive oil, on medium heat. Add the peppers, and saute until soft. Remove from heat, then add the spinach to wilt. If using kale or collards, add them to saute with the peppers for about 5 minutes.

Using a spoon or knife, spread about $\frac{1}{3}$ cup of the refried beans onto half of one tortilla, leaving about a centimeter away from the edges. Then top with the peppers and spinach/kale. Fold in half, and press to flatten. Repeat with the remaining ingredients.

Cook the sin-quesadillas, two at a time, in a cast iron skillet or non-stick pan. Cook each side for about 3 minutes.

Special Additions: Daiya cheese, a drizzle of tahini, cayenne pepper, jalepeño pepper, mushrooms, steamed or roasted veggies (sweet potato, squash, carrots, etc).

Moroccan Quinoa Pilaf

serves 4

- 1 cup quinoa, uncooked
- 1 cup carrot/butternut squash/ sweet potato (choose one or more), cubed & steamed
- 1 can chickpeas or 1 $\frac{1}{2}$ cup homemade
- 1 cup parsley or cilantro, minced
- 1 tsp cinnamon

Perfect quinoa: Bring $1\frac{3}{4}$ cup water to a boil in a sauce pan. Rinse quinoa in mesh strainer, then add to the boiling water. Bring to a simmer, then reduce heat to medium and place the lid on the pot,



keeping it slightly ajar. Cook for 10 minutes, then remove from heat, and completely cover. The remaining liquid will steam the quinoa. Allow it to sit and steam for about 10 more minutes, until fluffy.

Pilaf: While the quinoa is cooking, you can steam the vegetables in a steam basket. Carrots, sweet potato and squash all need about 20 minutes to cook.

When the veggies and quinoa are cooked, place them together in a large bowl. Add the chickpeas, chopped herbs, cinnamon and season with salt, pepper & olive oil to taste.

Special Additions: golden raisins, chopped apricot, ½ tbsp cumin, 1 tsp turmeric, 1 tsp minced ginger, crushed red chili pepper, grape tomatoes, toasted almonds, pumpkin seeds

Fruit & Nut Bars

makes a tray of bars, cut as big or as little as you like

2 cups walnuts/pecans/almonds

10 pitted Medjool dates, chopped

¼ cup goji berries, mulberries, apricots, figs

1 tsp cinnamon

dash nutmeg

In a food processor add walnuts and blend until they're all crumbled, about 10 seconds. Add chopped dates, other dried fruit, spices and a dash of sea salt, and pulse to combine. Remove the lid and scoop out about two tablespoons of the mixture. With your hand form it into a ball, if it sticks together without crumbling apart then the crust is ready. If it crumbles, place it back into the processor and pulse again.

Place a piece of plastic wrap into a square baking pan, then pour the nut mixture into the lined pan. Flatten the mixture into the pan, making sure it is all packed very tightly. Place in the fridge to harden for an hour, then cut into square bars. Store in the fridge for 2-3 weeks.

Special Additions: pumpkin seeds, sunflower seeds, ½ cup oats, cacao powder, cacao nibs, dried mango, dried ginger, dried cherries