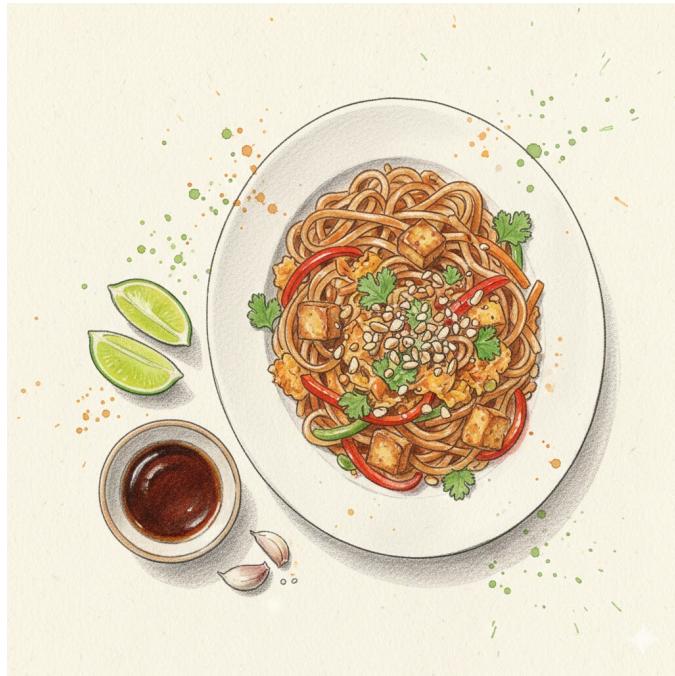


1 Ingredients

- 1/4 tsp ground cinnamon
- 1/4 tsp ginger paste
- 2 tablespoons pine nuts
- 1 cups rolled oats
- 1 tablespoons maple syrup
- 4 teaspoons fig butter
- 1 plums
- 1 cups milk
- 14 oz Thai stir fry noodles
- 2 limes
- 2 tablespoons tamari (or regular soy sauce)
- 1/4 cup sweet and sour sauce
- 2 bell peppers
- 4 garlic cloves
- 1 package extra-firm tofu
- 1/4 cup roasted peanuts
- 2 eggs
- 2 cans of baked beans
- 1 can of black beans (drained and rinsed)
- 1 can of white kidney beans (drained and rinsed)
- 1 can of red kidney beans (drained and rinsed)
- 1 large yellow onion
- 1 pound of ground beef
- 1 pound of bacon
- 16 ounces of BBQ sauce
- 1 lb chicken thighs or extra firm tofu
- 10 oz bag of frozen corn
- 1 cup brown rice
- 1/2 cup quinoa
- 1 can of black beans
- 1/2 cup shredded cheddar jack or Mexican cheese
- Cholula Cilantro Lime Cremosa Sauce
- 2 roma tomatoes
- 1 lime, quartered
- 0.5 oz fresh cilantro

2 Recipe One

Figure 1: Pad Thai



2.1 Ingredients

- 14 oz Thai stir fry noodles
- 2 limes
- 2 tablespoons tamari (or regular soy sauce)
- 1/4 cup sweet and sour sauce
- 2 bell peppers
- 4 garlic cloves
- 1 package extra-firm tofu
- 1/4 cup roasted peanuts
- 2 eggs

2.2 Instructions

1. Boil Thai noodles according to package instructions. Rinse under cold water and coat with oil.
2. Drain tofu, cut into bite-sized pieces, and season with salt and pepper.
3. Thinly slice peppers, mince garlic, chop peanuts.
4. Squeeze 2 tablespoons lime juice into a small bowl. Mix in tamari and sweet and sour sauce.
5. Heat oil in a frying pan over medium heat. Cook tofu until golden brown (5-10 minutes). Move to a paper towel lined plate.
6. In the same pan, add oil and cook bell peppers until tender. Add to the plate with the tofu.
7. In the same pan, add oil and garlic. Cook 1-2 minutes until browned.
8. Add noodles and sauce and cook about 3-5 minutes, until noodles absorb some sauce.
9. Move noodles to one side of the pan. Add a little oil and two eggs. Scramble the eggs until almost set, then stir them into the noodles.
10. Mix in tofu, peppers, and peanuts.
11. Season with salt and pepper to taste. Serve with lime wedges.

3 Recipe Two

Figure 2: BBQ Chili



3.1 Ingredients

- 2 cans of baked beans
- 1 can of black beans (drained and rinsed)
- 1 can of white kidney beans (drained and rinsed)
- 1 can of red kidney beans (drained and rinsed)
- 1 large yellow onion
- 1 pound of ground beef
- 1 pound of bacon
- 16 ounces of BBQ sauce

3.2 Instructions

1. Dice the yellow onion.
2. Drain and rinse black, white, and red beans.
3. Crumble and cook beef in a frying pan.
4. Cook bacon and cut into bite size pieces.
5. Combine all ingredients in a crock pot. Cook at low heat for 6-7 hours. Stir occasionally.

4 Recipe Three

Figure 3: Latin Bowl (Serves 4)



4.1 Ingredients

- 1 lb chicken thighs or extra firm tofu
- 10 oz bag of frozen corn
- 1 cup brown rice
- 1/2 cup quinoa
- 1 can of black beans
- 1/2 cup shredded cheddar jack or Mexican cheese
- Cholula Cilantro Lime Cremosa Sauce
- 2 roma tomatoes
- 1 lime, quartered
- 0.5 oz fresh cilantro

4.2 Instructions

1. Add brown rice and quinoa to 3 cups of salted water, bring to a boil, reduce to simmer for 15-20 minutes. When done, mix in lime zest, juice from one lime wedge, salt and pepper.
2. Dice roma tomatoes, zest and quarter lime, and roughly chop the fresh cilantro.
3. Season chicken/tofu with salt and pepper. Cook chicken/tofu, transfer to cutting board, and cut into bite size pieces.
4. Drain and rinse black beans.
5. Cook corn and beans together in a frying pan. If you choose to microwave the corn, you can add beans to the rice-quinoa mix when it is almost done.
6. Add rice-quinoa mix into each bowl. Top with chicken, corn, beans, cheese, tomato, cilantro lime cremosa sauce, fresh cilantro, and a lime wedge.

5 Breakfast Recipe

Figure 4: Overnight Oats



5.1 Ingredients

- 1/4 tsp ground cinnamon
- 1/4 tsp ginger paste
- 2 tablespoons pine nuts
- 1 cups rolled oats
- 1 tablespoons maple syrup
- 4 teaspoons fig butter
- 1 plums
- 1 cups milk

5.2 Instructions

1. Combine milk, cinnamon, and ginger, with a pinch of salt in a 1-pint wide mouthed mason jar.
2. Whisk oats and maple syrup. Cover and refrigerate overnight.
3. Thinly slice plums.
4. Split between two 1-pint wide mouthed mason jars. Top with fig butter, plums and pine nuts.