

# TAKE-OUT MAKEOVERS – MEXICAN RECIPES



## AVOCADO SALAD

**EXCELLENT SOURCE OF HEALTHY FATS, FIBER, AND ANTIOXIDANTS**

### NUTRITIONAL INFORMATION

Calories 150; Fat 12g; Saturated Fat: 2g; Carbohydrates 11g; Sodium 89mg; Fiber 6g; Protein 2g

## CAULIFLOWER RICE BURRITO BOWL

**HIGH IN FIBER AND PROTEIN**

### NUTRITIONAL INFORMATION

Calories 223; Fat 6g; Sat Fat 2g; Sodium 215mg; Carbohydrate 32g; Fiber 10g; Protein 12g; Potassium 693mg

## DESSERT NACHOS WITH MEXICAN HOT CHOCOLATE SAUCE

**GOOD SOURCE OF FIBER AND ANTIOXIDANTS**

### NUTRITIONAL INFORMATION:

Calories: 246 Fat: 12g Carbs: 29g Fiber: 4g Protein: 5g Sodium: 215mg Potassium:152mg



# TAKE-OUT MAKEOVERS – MEXICAN RECIPES

## AVOCADO SALAD – SERVES 6

### INGREDIENTS:

#### For the Dressing:

- 1 large lime, juiced
- 1 tablespoon extra-virgin olive oil
- 1 garlic clove, minced
- ¼ teaspoon salt
- ¼ teaspoon fresh ground pepper

#### For the Salad:

- ½ small red onion, chopped
- 1 large English cucumber, chopped
- 1 pint cherry tomatoes, halved
- 2 medium ripe avocados, pitted, peeled and diced
- ¼ cup chopped fresh cilantro

### PREPARATION:

1. Create the dressing by whisking together the lime juice, olive oil, garlic, salt, and pepper.
2. In a large bowl, stir together the onion, cucumber, tomatoes, avocado, and cilantro. Drizzle the dressing on top and toss to combine. Serve immediately.

## CAULIFLOWER RICE BURRITO BOWL – SERVES 4

### INGREDIENTS:

- 2 tablespoons avocado or canola oil, divided
- 1 (15.5-ounce) cans black beans, drained and rinsed
- 1 cup frozen or canned corn
- 1 (14.5-ounce) can diced tomatoes, drained
- ½ teaspoon chili powder
- ½ teaspoon cumin
- 1 (16-ounce) bag riced cauliflower (approximately 4 cups)
- ¼ teaspoon kosher salt
- ¼ cup chopped cilantro
- 1 lime, juiced
- ¼ cup shredded cheddar or Mexican cheese blend

### PREPARATION:

1. Heat 1 tablespoon of the avocado oil in a large nonstick skillet over medium heat. Add the beans, corn, tomatoes, chili powder, and cumin. Let cook for 2-3 minutes, stirring occasionally, until heated through.
2. Add the additional 1 tablespoon avocado oil, along with the cauliflower rice and salt. Sauté for 3 to 5 minutes, stirring occasionally until heated through and slightly tender. Remove from heat and stir in the cilantro and lime juice.
3. Divide the cauliflower rice mixture among bowls and top with the shredded cheese. If you'd like, top with chopped cilantro and additional items of your choice such as sliced avocado or fresh salsa.



# TAKE-OUT MAKEOVERS – MEXICAN RECIPES

## DESSERT NACHOS WITH MEXICAN HOT CHOCOLATE SAUCE – SERVES 8

### INGREDIENTS:

2 tablespoons sugar  
½ tablespoon ground cinnamon  
6 8-inch whole wheat (or flour) tortillas  
2 tablespoons coconut oil, melted (see Note)  
¼ cup low-fat milk  
½ cup dark chocolate chips, divided (look for >70% cacao)  
½ teaspoon ground cinnamon (try Saigon cinnamon if like spicy!)  
¾ teaspoon chili powder (try hot Mexican chili powder if like spicy!)  
Pinch of cayenne pepper  
2 cups fresh fruit (such as sliced bananas, strawberry slices, diced kiwi, diced mango, diced pineapple, raspberries, blueberries)  
OPTIONAL TOPPINGS: plain nonfat Greek yogurt, ground cinnamon, hemp, or chia seeds

### PREPARATION:

1. Preheat oven to 425°F. Line 2 baking sheets with parchment paper.
2. Combine the sugar and cinnamon together in a small bowl.
3. Brush one side of the tortillas with the melted coconut oil, then sprinkle the cinnamon-sugar mixture on top (you will only do this on one side of the tortillas). Using a knife or pizza wheel, cut each tortilla into 8 triangles. Arrange the tortilla triangles on to the baking sheet and bake for 8 minutes until puffed and golden.
4. While the chips are baking, combine the milk and ¼ cup chocolate chips in a small saucepan over medium heat, whisking until the chocolate is melted (alternatively, combine the milk and chocolate chips together in a microwave-safe bowl and microwave in 30 second increments, stirring each time, until the chocolate is melted). Remove from heat and stir in the remaining chocolate chips along with the cinnamon, chili powder, and cayenne pepper. Continue to stir until the chocolate is melted and the mixture is thickened and slightly cooled.
5. Arrange the cinnamon sugar tortilla chips on a large plate or platter. Top with the fruit and drizzle the warm hot chocolate sauce on top. Optional to add additional toppings such as a dollop of Greek yogurt, sprinkle of ground cinnamon, or seeds such as hemp or chia seeds.

NOTE: Alternatively, use coconut oil spray to coat the tortillas. Leftover baked tortillas can be stored in an airtight container for 3 days at room temperature. If you have leftover chocolate sauce, store in an airtight container, and reheat in microwave or stovetop to create a liquid consistency. Or combine 1-2 tablespoons of the chocolate sauce with warm milk to create a tasty Mexican hot chocolate beverage!



# GLUTEN-FREE DESSERTS

## EQUIPMENT NEEDED

- 1 small mixing bowl with whisk
- 1 large mixing bowl
- 1 large nonstick skillet
- 1 small saucepan or microwave safe bowl
- 1 baking sheet
- Pastry brush

## INGREDIENTS

### Produce

- 2 ripe avocados
- 3 limes
- 1 (16-ounce) bag cauliflower rice (~ 4 cups)
- 1 pint cherry tomatoes
- 1 cucumber
- 1 garlic clove
- ½ red onion
- 1 bunch cilantro
- 2 cups fresh fruit

### Dairy/Eggs

- ¼ cup shredded cheddar or Mexican cheese blend
- ¼ cup low-fat milk

### Baking, Canned, and Non-Perishables

- 6 (8-inch) whole wheat (or flour) tortillas
- 1 (15.5 ounce) cans black beans
- 1 (14.5-ounce) can diced tomatoes
- ½ tsp cumin
- ¾ tsp chipotle powder
- ½ tsp chili powder
- 2 tablespoons coconut oil
- ½ cup dark chocolate chips (look for >70% cacao)
- 2 tablespoons sugar
- ½ tablespoon + ½ tsp ground cinnamon
- Avocado (or canola) oil
- Extra Virgin Olive oil
- Cayenne Pepper
- Salt
- Black Pepper

### Frozen

- 1 cup frozen corn kernels (or canned)

## MISE EN PLACE

*Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.*

*PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe.*

### AVOCADO SALAD:

- Juice the lime
- Mince the garlic
- Chop the onion, cucumber, avocado, cilantro, and half the cherry peppers

### CAULIFLOWER RICE BURRITO BOWL:

- Drain and rinse the black beans
- Drain the diced tomatoes
- Chop the cilantro
- Juice the lime

### DESSERT NACHOS WITH MEXICAN HOT CHOCOLATE SAUCE

- n/a

