

Quinoa Rice Black Bean Taco Filling *recipe by Marla Danielson*

¼ c. quinoa

¼ c. uncooked rice (any rice that cooks in same amount of time as quinoa, 15-18 minutes)

1 T. plant butter

1 c. low-sodium vegetable broth

¼ c. tomato sauce

¼ c. each: fresh chopped onion, fresh chopped pepper (any color)

½ t. Cumin

½ c. cooked black beans, rinsed and drained

Salt to taste

Directions: Melt plant butter in a kettle. Rinse rice and quinoa together in a fine sieve and add to the kettle, coating with the plant butter. Add all remaining ingredients and bring to a boil. Reduce heat to low, cover and cook for 18 minutes, stir, and remove from heat and let sit, covered, for 5 minutes. Add salt to taste, then fold in the cooked black beans and enjoy in tacos or burritos!

Fiesta Potatoes *recipe by Marla Danielson*

Ingredients needed:

Potatoes, peeled or washed and unpeeled, (can use part yams or sweet potatoes) and **Sensational Seasoning** (made by mixing ¾ c. nutritional yeast, 1 ½ t. Salt, ½ t. each: onion powder, garlic powder, parsley flakes, ¼ t. each:

oregano, basil **Directions:** Preheat oven to 425°. Line a 13 x 9 casserole dish or baking tray with parchment paper. In a bowl, add potatoes, cut into bite-size pieces, a drizzle of olive oil, mix, sprinkle with Sensational Seasoning, mix again. Place in baking dish or tray and bake until potatoes are tender and lightly browned! Add a sprinkle of parsley flakes, and salt to taste. Enjoy!

Quick and Tasty Salsa (mild) *recipe by Marla Danielson*

Pulse a can of Mexican Style or Italian Recipe Canned Tomatoes in a blender, leaving a little chunky. **Optional add-ins when blending:** a small handful of fresh cilantro and a wedge of fresh onion. *After blending*, you can also add some finely chopped fresh tomatoes. Enjoy!

Easy Creamy Guacamole *recipe by Marla Danielson*

Mash fresh, ripe avocados. Add a bit of fresh lime or lemon juice, fresh finely chopped cilantro, fresh finely chopped onion, a bit of garlic powder, freeze dried chives, salt to taste, and a small spoonful of vegan mayo. Enjoy! Visit sdaplantbasedrecipes.com

Sunflower Cracker Jacks *K'Lynn Ragsdale*

Servings: 12

Ingredients

- 1 1/2 Tablespoons cold press coconut oil
- 1/2 teaspoon black sea salt
- 1/4 cup blackstrap molasses
- 3 cups (approx. 16 ounces) unsalted raw sunflower seeds

Steps

1. Preheat oven to 260 degrees.

Heat oil over low to medium heat in a saucepan. Add 1/2 teaspoon black salt, stir. Add 3 cups raw sunflower seeds. Stir frequently. Lightly toast and cover sunflower seeds with the salted oil while stirring. Add 1/4 cup blackstrap molasses. Continue to stir until everything is well coated.

Place sunflower seed mixture on cookie sheet lined with parchment. Or....spread mixture on a perforated baking sheet lined with a Silpat. Spread sunflower mixture out evenly to 1/4 inch or 1/2 inch. Place in oven for 25-35 minutes. Cool.

Store in a tight lidded jar to keep out moisture.

Notes

- Optional additions: Peanuts, dried and sweetened blueberries, popcorn.
- Other ideas: Use to top oatmeal in the morning.
- Note: To keep molasses from sticking to the measuring cup. Use a tiny amount to oil to roll around the inside of the measuring cup and then measure out molasses. Molasses will slip right out of cup with little to no mess.
- If the Sunflower Cracker Jacks are too sticky, put back into 260 degree oven and bake another 5 or 10 minutes. Let cool.

