

Sofia Liora

VEGAN MEXICAN COOKBOOK

**Easy & Authentic Plant-Based
Recipes from Mexico for Beginners
and Everyday Cooking**

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INTRODUCTION

¡Hola, Amigos! Welcome to Your Fiesta of Flavors!

Get ready to embark on a delicious—where the vibrant soul of Mexican cuisine meets the heart of plant-based cooking. Whether you're a lifelong vegan, a curious flexitarian, or simply someone who craves bold, soul-warming dishes, this book invites you into a world of flavor—without compromise. Forget the stereotype that vegan food is bland or missing the oomph of traditional dishes. Here, jackfruit sizzles like carnitas, cashew crema rivals the creamiest queso, and mole poblano stays gloriously rich—without a single animal product in sight.

This isn't just about swapping ingredients; it's about celebrating Mexico's culinary heritage with creativity and respect. So, grab your comal (or skillet), and let's dive in!

Why Vegan? ¡Porque Sí!

Mexican cuisine has always been accidentally vegan-friendly—think corn tortillas, smoky charro beans, and fiery salsas. But this book takes it further, reimagining classics with clever twists that'll make even abuelita nod in approval.

- **Protein Powerhouses:** Forget the "where's the meat?" worry. Jackfruit, soy curls, lentils, and walnuts step up to mimic textures flawlessly—like in Birria Tacos or Soy Carnitas.
- **Dairy-Free Magic:** Cashews and almonds blend into luscious cremas and melty cheeses, like the Cashew Queso dripping over nachos or the Walnut Sauce crowning Chiles en Nogada.
- **Eggless Wonders:** Tofu scrambles into Huevos Rancheros, and chia seeds gel up tropical Fruit Bowls with a tangy tamarind kick.

No sacrifices here—just bold, authentic flavors that happen to be kind to the planet and your taste buds.

Tips to Make Your Cooking Shine

- 1. Toast Your Spices:** A dry skillet is your best friend. Warm whole cumin or coriander seeds before grinding to unlock their aroma—key for salsas and moles.
- 2. Masa Matters:** For Tamales or Sopas, seek fresh masa harina (like Maseca) and keep dough moist with a damp towel.
- 3. Layer Textures:** Crunchy Tostadas need creamy refried beans and crisp radishes. Balance is everything!
- 4. Prep Ahead:** Many dishes, like Pozole or Charro Beans, deepen in flavor overnight. Cook once, feast twice.
- 5. Chile Confidence:** Don't fear heat! Remove seeds from serranos for mild salsa, or leave them in for a punch. And always taste as you go—poco a poco.

How to Use This Book

- **Mix & Match:** Pair Chipotle Black Bean Burgers with Jicama Fries for a casual meal, or go all out with Mole Poblano for a festive centerpiece.
- **Weeknight Easy:** Tinga Tostadas come together in 30 minutes, while Coconut Yogurt Parfaits make mornings effortless.
- **Celebration Mode:** Impress guests with Chiles en Nogada—their red, white, and green colors scream ¡Viva México!—or Tres Leches Cake for dessert.

Final Secret: Make It Your Own

Love extra heat? Drizzle Mango-Habanero Salsa on everything. Miss cheese? Double the Cashew Crema. Mexican cooking is about joy, not rigid rules. So, tweak, taste, and turn up the music while you cook—it's a fiesta, after all.

Now, flip to any page and let's get cooking. *¡Buen provecho!*

BREAKFASTS



COCONUT YOGURT PARFAIT WITH GRANOLA & TROPICAL FRUIT

Prep Time: 5 min | Cooking Time: 0 min | Servings: 2 individuals

Ingredients Required:

For the parfait:

- Coconut yogurt (unsweetened) – 1 cup
- Granola (vegan) – 1/2 cup
- Banana, sliced – 1/2 cup
- Mango, diced – 1/2 cup
- Pineapple, diced – 1/2 cup
- Shredded coconut (unsweetened) – 2 tsp

For the drizzle (optional):

- Agave syrup – 1 tsp
- Lime zest – 1/4 tsp

Procedure:

1. Prepare two serving glasses or bowls.
2. Build the layers: begin with 1/4 cup coconut yogurt in each glass as the foundation. Add 2 tbsp granola to each glass, then top with 2 tbsp banana, 2 tbsp mango, and 2 tbsp pineapple in each glass.
3. Repeat the layers: add another 1/4 cup coconut yogurt to each glass. Follow with remaining 1 tbsp granola per glass. Divide remaining fruit evenly (1 tbsp each of banana, mango, pineapple per glass).
4. To finish, sprinkle 1 teaspoon of shredded coconut evenly over each parfait, adding a delicate texture and subtle sweetness.
5. Combine agave syrup with lime zest, then lightly drizzle 1/2 teaspoon over each parfait just before serving to enhance the vibrant flavors.

Nutritional Info:

Calories: 320 | Fats (g): 12 | Carbs (g): 48 | Protein (g): 6



TOFU SCRAMBLE BREAKFAST BURRITOS

Prep Time: 10 min | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the tofu scramble:

- Firm tofu, crumbled – 1 cup
- Nutritional yeast – 2 tsp
- Turmeric – 1/2 tsp
- Garlic powder – 1/2 tsp
- Onion powder – 1/2 tsp
- Ground cumin – 1/4 tsp
- Black salt (kala namak) – 1/4 tsp (optional, for eggy flavor)
- Sea salt – 1/4 tsp
- Black pepper – 2 pinches
- Olive oil – 2 tsp

For the filling:

- Red bell pepper, diced – 1/2 cup
- Red onion, diced – 1/4 cup (4 tbsp)
- Baby spinach, chopped – 1/2 cup
- Black beans, drained and rinsed – 1/2 cup

For assembly:

- Flour tortillas (8-inch) – 2 tortillas
- Avocado, mashed – 4 tbsp (1/4 cup)
- Salsa – 2 tbsp
- Fresh cilantro, chopped – 2 tsp (optional)

Nutritional Info:

Calories: 420 | Fats (g): 18 | Carbs (g): 48 | Protein (g): 20

Procedure:

1. Heat a nonstick skillet over medium heat. Add the olive oil, then sauté the red bell pepper and red onion for 3–4 minutes, until softened and fragrant.
2. Add crumbled tofu, nutritional yeast, turmeric, garlic powder, onion powder, cumin, black salt (if using), sea salt, and black pepper. Stir well to combine and cook for 4–5 minutes, breaking up the tofu into small pieces.
3. Fold in the black beans and chopped spinach. Cook for another 1–2 minutes, just until the spinach wilts and everything is heated through. Remove from heat.
4. Warm the tortilla in a dry skillet or microwave for 10–15 seconds to make it pliable.
5. Spread the mashed avocado evenly across each tortilla. Spoon the tofu scramble mixture down the center, then top with salsa and chopped cilantro, if using.
6. Fold in the sides of the tortilla, then roll it up tightly from the bottom to form a burrito. Serve warm and enjoy immediately.



AVOCADO TOAST WITH CHILE LIME SPRINKLE

Prep Time: 5 min | **Cooking Time:** 5 min | **Servings:** 2 individuals

Ingredients Required:

For the toast:

- Sourdough or whole grain bread – 2 slices (about 1/2 inch thick each)
- Ripe avocado, mashed – 1 whole (about 1/2 cup)
- Lime juice – 1 tsp
- Sea salt – 1/4 tsp

For the chile lime sprinkle:

- Chili powder – 1/2 tsp
- Smoked paprika – 1/4 tsp
- Garlic powder – 1/4 tsp
- Lime zest – 1/2 tsp

For garnish (optional):

- Radish, thinly sliced – 2 tbsp
- Microgreens or cilantro – 2 tsp
- Red pepper flakes – 2 pinches

Procedure:

- 1.** Toast the bread in a toaster or on a dry skillet over medium heat until golden and crisp, approximately 2–3 minutes per side when using a skillet.
- 2.** In a small bowl, mash the avocado with lime juice and sea salt to your desired texture—slightly chunky or smooth.
- 3.** Make the sprinkle by mixing chili powder, smoked paprika, garlic powder, and lime zest in a separate small bowl.
- 4.** Evenly spread the mashed avocado over both toasted bread slices. Generously sprinkle each with about half of the chile-lime mixture, reserving the remainder for serving.
- 5.** For an optional garnish, top each toast with 1 tablespoon of radish slices, 1 teaspoon of microgreens or cilantro, and a pinch of red pepper flakes. Serve immediately, accompanied by the remaining chile-lime sprinkle.

Nutritional Info:

Calories: 220 | Fats (g): 12 | Carbs (g): 25 | Protein (g): 5



SWEET POTATO & BLACK BEAN BREAKFAST TACOS

Prep Time: 10 min | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the filling:

- Sweet potato, peeled and diced – 1 cup
- Black beans, drained and rinsed – ½ cup
- Red bell pepper, diced – ½ cup
- Red onion, diced – ¼ cup (4 tbsp)
- Garlic, minced – 1 clove
- Olive oil – 2 tsp
- Ground cumin – ½ tsp
- Smoked paprika – ½ tsp
- Chili powder – ¼ tsp
- Sea salt – ¼ tsp
- Black pepper – 2 pinches

For assembly:

- Corn tortillas (6-inch) – 4 tortillas
- Avocado, mashed – ¼ cup (4 tbsp)
- Fresh cilantro, chopped – 2 tsp
- Lime wedges – 2 wedges
- Hot sauce (optional) – to taste

Procedure:

1. Heat olive oil in a skillet over medium heat. Add sweet potato and sauté for 5 minutes, stirring occasionally, until slightly softened.
2. Add red bell pepper, red onion, and garlic. Cook for another 3–4 minutes until vegetables are tender.
3. Stir in black beans, cumin, smoked paprika, chili powder, salt, and black pepper. Cook for 2–3 minutes until heated through and well combined. Remove from heat.
4. Warm the tortillas in a dry skillet or microwave for 10–15 seconds until pliable.
5. Spread 1 tbsp mashed avocado onto each tortilla. Divide the sweet potato and black bean mixture evenly between the tortillas.
6. Garnish with fresh cilantro and a squeeze of lime. Serve immediately with hot sauce if desired.

Nutritional Info:

Calories: 350 | Fats (g): 12 | Carbs (g): 55 | Protein (g): 10



VEGAN CHILAQUILES (RED OR GREEN SALSA)

Prep Time: 10 min | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the salsa (choose one):

Red salsa:

- Roma tomatoes, diced – 1 cup
- White onion, diced – ¼ cup (4 tbsp)
- Garlic clove, minced – 1 clove
- Jalapeño, seeded and diced – 1 pepper
- Vegetable broth – ¼ cup (4 tbsp)
- Olive oil – 1 tsp
- Sea salt – ¼ tsp
- Ground cumin – ¼ tsp

Green salsa:

- Tomatillos, husked and diced – 1 cup
- White onion, diced – ¼ cup (4 tbsp)
- Garlic clove, minced – 1 clove
- Serrano pepper, seeded and diced – 1 pepper
- Fresh cilantro, chopped – 2 tsp
- Vegetable broth – ¼ cup (4 tbsp)
- Olive oil – 1 tsp
- Sea salt – ¼ tsp

For the chilaquiles:

- Corn tortillas, cut into triangles – 4 tortillas (about 2 cups)
- Olive oil – 2 tsp
- Black beans, drained and rinsed – ½ cup
- Avocado, sliced – ½
- Vegan crema or cashew cream – 2 tbsp
- Fresh cilantro, chopped – 2 tsp
- Red onion, thinly sliced – 2 tbsp (optional, for garnish)
- Lime wedges – 2 wedges

Procedure:

1. Heat olive oil in a medium saucepan over medium heat. Sauté onion and garlic for 2 minutes until softened. Add tomatoes (or tomatillos) and jalapeño (or serrano), cooking for 3–4 minutes until softened.
2. Transfer to a blender with vegetable broth, salt, and cumin (plus cilantro for green salsa). Blend until smooth. Return to the saucepan and simmer for 3–4 minutes until slightly thickened. Keep warm.
3. Heat olive oil in a large skillet over medium heat. Add tortilla triangles in a single layer (work in batches if needed) and cook for 2–3 minutes per side until golden and crisp. Remove and drain on paper towels.
4. In the same skillet, pour the warm salsa over the crispy tortillas, gently tossing to coat. Cook for 1–2 minutes until the tortillas soften slightly but retain some texture.
5. Divide between two plates. Top evenly with black beans, avocado slices, vegan crema, cilantro, and red onion (if using). Serve immediately with lime wedges on the side.

Nutritional Info:

Calories: 380 | Fats (g): 18 | Carbs (g): 48 | Protein (g): 10



TOFU-BASED HUEVOS RANCHEROS

Prep Time: 10 mi | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the tofu "eggs":

- Firm tofu, crumbled – 1 cup
- Nutritional yeast – 2 tsp
- Turmeric – ½ tsp
- Garlic powder – ½ tsp
- Onion powder – ½ tsp
- Black salt (kala namak) – ¼ tsp
- Olive oil – 2 tsp

For the ranchero sauce:

- Roma tomato, diced – 1 cup
- White onion, diced – ¼ cup
- Garlic, minced – 1 clove
- Jalapeño, seeded and diced – 1 pepper
- Vegetable broth – ¼ cup
- Olive oil – 1 tsp
- Ground cumin – ¼ tsp
- Sea salt – ¼ tsp

For assembly:

- Corn tortillas (6-inch) – 4 tortillas
- Refried beans (vegan) – ½ cup
- Avocado, sliced – ½ cup
- Fresh cilantro, chopped – 2 tsp
- Lime wedges – 2 wedges

Procedure:

1. Heat olive oil in a small saucepan over medium heat. Sauté onion and garlic for 2 minutes. Add tomato, jalapeño, cumin, and salt. Cook for 5 minutes until tomatoes break down. Add broth, then blend until smooth. Return to pan and simmer for 3 minutes. Keep warm.
2. Heat olive oil in a nonstick skillet over medium heat. Add crumbled tofu, nutritional yeast, turmeric, garlic powder, onion powder, and black salt. Cook for 4-5 minutes, stirring frequently, until heated through and slightly crispy.
3. Heat tortillas in a dry skillet for 30 seconds per side or wrap in a damp towel and microwave for 15 seconds.
4. Spread 2 tbsp refried beans on each tortilla. Top with tofu scramble, then ladle warm ranchero sauce over. Garnish with avocado slices, cilantro, and a lime wedge.

Nutritional Info:

Calories: 420 | Fats (g): 18 | Carbs (g): 52 | Protein (g): 18



CINNAMON RICE PUDDING (ARROZ CON LECHE) WITH ALMOND MILK

Prep Time: 5 min | Cooking Time: 25 min | Servings: 2 individuals

Ingredients Required:

For the base:

- Cooked white rice – 1 cup
- Unsweetened almond milk – 1½ cups
- Coconut milk (full-fat) – ½ cup
- Maple syrup – 2 tbsp
- Ground cinnamon – ½ tsp
- Vanilla extract – ½ tsp
- Orange zest – ¼ tsp (optional)
- Raisins – 2 tbsp (optional)
- Pinch of sea salt

For garnish:

- Cinnamon sticks – 2 sticks (optional)
- Toasted slivered almonds – 2 tsp

Procedure:

1. In a medium saucepan, combine the cooked rice, almond milk, coconut milk, maple syrup, cinnamon, vanilla, orange zest (if using), raisins (if using), and a pinch of salt. Stir thoroughly to blend the ingredients.
2. Bring to a gentle simmer over medium-low heat, stirring frequently to prevent sticking (about 2–3 minutes).
3. Lower the heat to maintain a gentle simmer and cook uncovered for 20 minutes, stirring every 5 minutes, until the pudding becomes thick and creamy. If the consistency thickens too much, gradually stir in 2–3 tablespoons of warm almond milk to loosen it.
4. Remove from heat and let stand for 5 minutes to thicken further.
5. Serve warm in bowls, garnished with cinnamon sticks and toasted almonds.

Nutritional Info:

Calories: 280 | Fats (g): 10 | Carbs (g): 45 | Protein (g): 4



PUMPKIN SEED & OATMEAL PORRIDGE (ATOLE DE AVENA)

Prep Time: 5 min | Cooking Time: 15 min | Servings: 2 individuals

Ingredients Required:

For the base:

- Rolled oats – ½ cup
- Raw pumpkin seeds (pepitas) – ¼ cup
- Unsweetened almond milk – 2 cups
- Water – 1 cup
- Ground cinnamon – ½ tsp
- Vanilla extract – ½ tsp
- Maple syrup – 2 tbsp
- Pinch of sea salt

For garnish:

- Toasted pumpkin seeds – 2 tsp
- Ground cinnamon – a pinch (per serving)
- Coconut flakes – 2 tsp (optional)

Procedure:

1. In a dry skillet over medium heat, toast ¼ cup pumpkin seeds for 2–3 minutes until fragrant and slightly puffed. Set aside 2 tsp for garnish.
2. In a blender, combine remaining toasted pumpkin seeds, oats, almond milk, water, cinnamon, vanilla, maple syrup, and salt. Blend for 30 seconds until smooth.
3. Pour the mixture into a medium saucepan and heat over medium, stirring constantly with a wooden spoon until it reaches a gentle simmer—about 3–4 minutes.
4. Lower the heat to low and continue cooking, stirring frequently, for 8–10 minutes until the porridge thickens to a smooth, creamy consistency.
5. Remove from heat and let stand for 2 minutes to thicken slightly.
6. Divide into two bowls and garnish each with reserved pumpkin seeds, cinnamon, and coconut flakes if using. Serve warm.

Nutritional Info:

Calories: 290 | Fats (g): 12 | Carbs (g): 38 | Protein (g): 9



FRUIT & CHIA BOWLS WITH TAMARIND DRIZZLE

Prep Time: 10 min | **Cooking Time:** 2 hours (includes chilling) | **Servings:** 2 individuals

Ingredients Required:

For chia pudding base:

- Chia seeds – 4 tbsp
- Coconut milk (full-fat) – 1 cup
- Maple syrup – 2 tsp
- Vanilla extract – ¼ tsp

For fruit layer:

- Mango, diced – ½ cup
- Pineapple, diced – ½ cup
- Banana, sliced – ½ cup

For tamarind drizzle:

- Tamarind paste – 2 tsp
- Warm water – 2 tbsp
- Maple syrup – 1 tsp
- Chili powder – pinch (optional)

For garnish:

- Toasted coconut flakes – 2 tsp
- Pepitas (pumpkin seeds) – 2 tsp

Procedure:

1. In a medium bowl, whisk together chia seeds, coconut milk, maple syrup, and vanilla until fully combined. Let sit for 10 minutes, then whisk again to prevent clumping. Cover and refrigerate for at least 2 hours (or overnight).
2. Prepare tamarind drizzle by mixing tamarind paste with warm water until smooth. Stir in maple syrup and chili powder (if using). Set aside.
3. In two serving bowls or glasses, layer ¼ cup chia pudding in each, followed by 2 tbsp each of mango and pineapple, and 1 tbsp banana.
4. Repeat layers with remaining chia pudding and fruit.
5. Drizzle each bowl with tamarind sauce and garnish with 1 tsp toasted coconut and 1 tsp pepitas per serving.

Nutritional Info:

Calories: 320 | Fats (g): 16 | Carbs (g): 42 | Protein (g): 6



VEGAN BREAKFAST QUESADILLAS WITH CASHEW CHEESE

Prep Time: 10 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For cashew cheese:

- Raw cashews (soaked 2+ hours) – 6 tbsp
- Nutritional yeast – 2 tsp
- Lemon juice – 1 tsp
- Garlic powder – ¼ tsp
- Onion powder – ¼ tsp
- Sea salt – ¼ tsp
- Water – 2 tbsp

For filling:

- Black beans, drained/rinsed – ½ cup
- Red bell pepper, diced – ¼ cup
- Red onion, diced – 2 tbsp
- Baby spinach, chopped – ½ cup
- Olive oil – 1 tsp
- Ground cumin – ¼ tsp
- Smoked paprika – ¼ tsp

For assembly:

- Flour tortillas (8-inch) – 4 tortillas
- Avocado, sliced – ¼ cup
- Salsa – 2 tbsp
- Fresh cilantro, chopped – 2 tsp

Nutritional Info:

Calories: 480 | Fats (g): 22 | Carbs (g): 58 | Protein (g): 16

Procedure:

1. Drain soaked cashews. Blend with nutritional yeast, lemon juice, garlic powder, onion powder, salt, and water until smooth (about 1 minute).
2. Heat olive oil in skillet over medium. Sauté bell pepper and onion for 2 minutes. Add black beans, spinach, cumin, and paprika. Cook 2 more minutes until spinach wilts.
3. Spread 2 tbsp cashew cheese on one tortilla. Top with half the filling mixture, 2 tbsp avocado slices, and 1 tbsp salsa. Sprinkle with 1 tsp cilantro. Cover with second tortilla. Repeat for second quesadilla.
4. Heat clean skillet over medium. Cook quesadillas 2–3 minutes per side until golden and crispy (work in batches if needed).
5. Cut into wedges. Serve with remaining salsa.



JACKFRUIT MACHACA BURRITOS

Prep Time: 15 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the jackfruit machaca:

- Young green jackfruit (in brine), drained and shredded – 1 cup
- Olive oil – 2 tsp
- White onion, thinly sliced – ½ cup
- Garlic, minced – 1 clove
- Green bell pepper, julienned – ½ cup
- Tomato, diced – ½ cup
- Ground cumin – ½ tsp
- Smoked paprika – ½ tsp
- Dried oregano – ¼ tsp
- Soy sauce or tamari – 1 tsp
- Lime juice – 1 tsp
- Salt – ¼ tsp

For assembly:

- Flour tortillas (10-inch) – 2 tortillas
- Refried pinto beans (vegan) – ½ cup
- Avocado, sliced – ¼ cup
- Fresh cilantro, chopped – 2 tsp
- Salsa verde – 2 tbsp
- Lime wedges – 2 wedges

Nutritional Info:

Calories: 420 | Fats (g): 14 | Carbs (g): 68
Protein (g): 12

Procedure:

1. Heat olive oil in a skillet over medium heat. Sauté onion and garlic for 2 minutes until translucent.
2. Incorporate the bell pepper and continue cooking for another 3 minutes, allowing it to soften without losing its color.
3. Mix in the shredded jackfruit, diced tomato, cumin, paprika, oregano, soy sauce, and salt. Cook for 8 to 10 minutes, stirring occasionally, until the jackfruit begins to brown and crisp lightly.
4. Stir in the lime juice and cook for an additional minute before removing the pan from heat.
5. Warm tortillas on a dry skillet for 15 seconds per side (one at a time).
6. Spread ¼ cup refried beans in the center of each tortilla, leaving a 2-inch border. Top each with half the jackfruit mixture, 2 tbsp avocado slices, and 1 tsp cilantro.
7. Drizzle each with 1 tbsp salsa verde. Fold sides inward, then roll tightly from the bottom.
8. Place each burrito seam-side down back into the skillet and toast for 1 minute to seal and crisp the outside. Serve immediately with lime wedges.



CORN PANCAKES (HOTCAKES DE ELOTE) WITH AGAVE SYRUP

Prep Time: 10 min | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the batter:

- Corn kernels (fresh or frozen/thawed) – 1 cup (divided)
- All-purpose flour – ½ cup
- Almond milk – 6 tbsp
- Baking powder – ½ tsp
- Ground cinnamon – ¼ tsp
- Vanilla extract – ¼ tsp
- Salt – pinch
- Vegan butter (melted) – 1 tbsp

For cooking/serving:

- Vegan butter – 1 tsp (for cooking)
- Agave syrup – 2 tbsp
- Fresh berries (optional) – ¼ cup

Procedure:

1. In a blender, pulse ½ cup corn kernels with almond milk until just broken down (some texture should remain).
2. In a mixing bowl, whisk together the flour, baking powder, cinnamon, and salt until well combined.
3. Add the blended corn mixture, the remaining ½ cup of whole corn kernels, vanilla extract, and melted butter. Stir gently until just combined; a few small lumps are perfectly fine. Let the batter rest for 5 minutes to hydrate.
4. Heat ½ teaspoon of butter in a nonstick skillet over medium-low heat. Working in batches, spoon 2 tablespoons of batter per pancake into the skillet (3–4 pancakes at a time). Cook for 2–3 minutes, or until small bubbles form on the surface and the edges begin to set.
5. Flip and cook 1–2 minutes more until golden. Repeat with remaining batter, adding more butter as needed.
6. Serve in stacks of 3–4 pancakes per person with 1 tbsp agave syrup and 2 tbsp berries each (if using).

Nutritional Info:

Calories: 320 | Fats (g): 8 | Carbs (g): 58 | Protein (g): 6



REFRIED BEAN & AVOCADO TOSTADAS

Prep Time: 5 min **Cooking Time:** 10 min **Servings:** 2 individuals

Ingredients Required:

For the base:

- Corn tortillas (6-inch) – 4 tortillas
- Olive oil – 2 tsp
- Refried pinto beans (vegan) – 1 cup

For toppings:

- Avocado, sliced – ½ cup
- Tomato, diced – ½ cup
- Red onion, finely diced – 2 tbsp
- Fresh cilantro, chopped – 2 tsp
- Lime juice – 1 tsp

For garnish:

- Vegan crema or cashew cream – 2 tbsp
- Hot sauce – 1 tsp (optional)
- Radish, thinly sliced – 4 radishes (optional)

Procedure:

- 1.** Preheat oven to 400°F. Lightly brush both sides of the tortillas with olive oil and arrange them in a single layer on a baking sheet (use two sheets or bake in batches if necessary).
- 2.** Bake for 6–8 minutes, flipping halfway, until crisp and golden. Remove and let cool slightly.
- 3.** While tortillas bake, heat refried beans in a medium saucepan over medium-low heat with 2 tbsp water, stirring occasionally, until warmed through (about 5 minutes).
- 4.** In a small bowl, gently toss tomato, red onion, cilantro, and lime juice. Set aside.
- 5.** Spread ¼ cup warm beans evenly on each tostada shell. Layer with 2 tbsp avocado slices and 2 tbsp tomato mixture per tostada.
- 6.** Drizzle each with ½ tbsp vegan crema and ¼ tsp hot sauce if using. Garnish with 1–2 radish slices per tostada.

Nutritional Info:

Calories: 380 | Fats (g): 18 | Carbs (g): 48 | Protein (g): 10



MANGO-COCONUT SMOOTHIE BOWLS WITH CHILE POWDER

Prep Time: 5 min | Cooking Time: 0 min | Servings: 2 individuals

Ingredients Required:

For the smoothie base:

- Frozen mango chunks – 1½ cups
- Coconut milk (canned, full-fat) – ½ cup
- Banana, frozen – 1 whole (about ½ cup)
- Lime juice – 1 tsp
- Agave syrup – 1 tsp (optional)

For topping:

- Fresh mango, diced – ¼ cup
- Toasted coconut flakes – 2 tsp
- Pepitas (pumpkin seeds) – 2 tsp
- Tajín or chile-lime seasoning – ½ tsp
- Fresh mint leaves – 4 leaves (optional)

Procedure:

1. In a blender, combine frozen mango, coconut milk, frozen banana, lime juice, and agave if using. Blend until completely smooth, scraping down sides as needed. Add 1–2 tbsp water if too thick.
2. Divide mixture evenly between two shallow bowls and swirl the surface with the back of a spoon.
3. Top each bowl with 2 tablespoons of diced mango, 1 teaspoon of coconut flakes, and 1 teaspoon of pepitas, arranging them in distinct sections for visual appeal.
4. Lightly dust each bowl with ¼ teaspoon of Tajín, and garnish with 2 fresh mint leaves, if desired.
5. Serve immediately with spoons for scraping along the sides.

Nutritional Info:

Calories: 290 | Fats (g): 12 | Carbs (g): 48 | Protein (g): 4



SPINACH & MUSHROOM MIGAS

Prep Time: 10 min | **Cooking Time:** 12 min | **Servings:** 2 individuals

Ingredients Required:

For the tofu scramble:

- Firm tofu, crumbled – 1 cup
- Nutritional yeast – 2 tsp
- Turmeric – ½ tsp
- Garlic powder – ½ tsp
- Onion powder – ½ tsp
- Black salt (kala namak) – ¼ tsp
- Olive oil – 2 tsp

For the migas:

- Corn tortillas (6-inch), cut into strips – 4 tortillas
- Button mushrooms, thinly sliced – ½ cup
- Baby spinach, chopped – 1 cup
- White onion, diced – ¼ cup
- Jalapeño, seeded and diced – 1 whole pepper
- Roma tomato, diced – ½ cup
- Olive oil – 2 tbsp
- Ground cumin – ½ tsp
- Smoked paprika – ¼ tsp
- Salt – ¼ tsp

For serving:

- Avocado slices – ¼ cup
- Fresh cilantro, chopped – 2 tsp
- Lime wedges – 2 wedges

Procedure:

1. Heat 2 teaspoons of olive oil in a large nonstick skillet over medium heat. Add the tortilla strips and cook for 3–4 minutes, stirring occasionally, until golden and crisp. Transfer to a plate and set aside.
2. In the same skillet, add the remaining 2 tablespoons of olive oil. Sauté the diced onion and jalapeño for about 2 minutes, or until softened and fragrant. Add the sliced mushrooms and cook for an additional 3 minutes, stirring occasionally, until lightly browned.
3. Push the vegetables to one side of the skillet. Add the crumbled tofu to the empty space and season with nutritional yeast, turmeric, garlic powder, onion powder, and black salt. Cook for 2 minutes, allowing the spices to toast slightly, then fold the tofu into the vegetables and mix well.
4. Stir in tomato, cumin, smoked paprika, and salt. Cook for 1 minute.
5. Add spinach and reserved tortilla strips. Cook for 1–2 minutes until spinach wilts and tortillas soften slightly but retain some crispness.
6. Divide between two plates and top each with 2 tbsp avocado, 1 tsp cilantro, and a lime wedge.

Nutritional Info:

Calories: 380 | Fats (g): 22 | Carbs (g): 35 | Protein (g): 15

LUNCHES



CHIPOTLE LENTIL TACOS

Prep Time: 10 min | **Cooking Time:** 25 min | **Servings:** 2 individuals

Ingredients Required:

For lentil filling:

- Brown or green lentils, cooked – 1½ cups
- Olive oil – 2 tsp
- White onion, diced – ½ cup
- Garlic, minced – 1 clove
- Chipotle pepper in adobo, minced – 1 whole pepper (about 2 tsp)
- Tomato paste – 1 tbsp
- Ground cumin – ½ tsp
- Smoked paprika – ½ tsp
- Vegetable broth – ½ cup
- Salt – ¼ tsp

For assembly:

- Corn tortillas (6-inch) – 6 tortillas
- Avocado, diced – ½ cup
- Red cabbage, shredded – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges
- Vegan crema or cashew cream – 2 tbsp

Procedure:

1. Heat olive oil in a medium skillet over medium heat. Sauté onion for 3 minutes until translucent. Add garlic and cook for 30 seconds until fragrant.
2. Add the chopped chipotle pepper, tomato paste, cumin, and smoked paprika. Cook for 1 minute, stirring frequently, to allow the spices to bloom and deepen in flavor.
3. Stir in the cooked lentils and vegetable broth. Let the mixture simmer for 8–10 minutes, gently mashing some of the lentils with a fork to create a slightly creamy texture. Cook until most of the liquid has been absorbed but the mixture remains moist. Season to taste with salt.
4. Warm tortillas in batches in a dry skillet for 30 seconds per side or wrap in a damp towel and microwave for 20 seconds.
5. Spoon about ¼ cup of the lentil filling into each tortilla. Top each taco with 1 tablespoon of avocado, 1 tablespoon of shredded cabbage, and 1 teaspoon of fresh cilantro.
6. Drizzle each taco with 1 tsp vegan crema and serve with 2 lime wedges per person.

Nutritional Info:

Calories: 420 | Fats (g): 15 | Carbs (g): 62 | Protein (g): 18



GRILLED CAULIFLOWER & AVOCADO SALAD

Prep Time: 15 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For the cauliflower:

- Cauliflower florets – 2 cups
- Olive oil – 2 tbsp
- Smoked paprika – ½ tsp
- Ground cumin – ½ tsp
- Garlic powder – ¼ tsp
- Salt – ¼ tsp

For the salad base:

- Romaine lettuce, chopped – 2 cups
- Avocado, diced – 1 cup
- Cherry tomatoes, halved – ½ cup
- Red onion, thinly sliced – ¼ cup
- Fresh cilantro, chopped – 2 tbsp

For the dressing:

- Lime juice – 2 tbsp
- Olive oil – 2 tsp
- Agave syrup – 1 tsp
- Dijon mustard – ½ tsp
- Salt – pinch

For garnish:

- Pepitas (pumpkin seeds) – 2 tsp

Procedure:

1. Preheat grill or grill pan to medium-high heat.
2. In a large bowl, toss cauliflower florets with 2 tbsp olive oil, smoked paprika, cumin, garlic powder, and salt until evenly coated.
3. Grill cauliflower for 8–10 minutes, turning occasionally, until tender and charred in spots. Remove from heat.
4. In a large salad bowl, combine lettuce, avocado, tomatoes, red onion, and cilantro.
5. In a small jar, shake together lime juice, 2 tsp olive oil, agave, mustard, and salt until emulsified.
6. Add grilled cauliflower to salad bowl. Drizzle with dressing and toss gently to combine.
7. Divide between two plates and sprinkle each with 1 tsp pepitas.

Nutritional Info:

Calories: 320 | Fats (g): 24 | Carbs (g): 24 | Protein (g): 7



POZOLE (HOMINY & MUSHROOM STEW)

Prep Time: 15 min | **Cooking Time:** 30 min | **Servings:** 2 individuals

Ingredients Required:

For the stew base:

- White hominy (canned), drained and rinsed – 1½ cups
- Cremini mushrooms, sliced – 1 cup
- White onion, diced – ½ cup
- Garlic, minced – 2 cloves
- Vegetable broth – 3 cups
- Tomato sauce – ½ cup
- Olive oil – 2 tbsp

For the seasoning blend:

- Ground cumin – 1 tsp
- Dried oregano – ½ tsp
- Smoked paprika – ½ tsp
- Bay leaves – 2 leaves
- Salt – ½ tsp

For garnish:

- Radishes, thinly sliced – ¼ cup
- Green cabbage, shredded – ½ cup
- Lime wedges – 4 wedges
- Fresh cilantro, chopped – 2 tbsp
- Avocado, diced – ¼ cup
- Chile powder – pinch (per serving)

Procedure:

1. Heat olive oil in a medium-large pot over medium heat. Sauté onion for 3 minutes until translucent. Add garlic and cook for 30 seconds until fragrant.
2. Add mushrooms and cook for 5 minutes until they release their juices and begin to brown.
3. Stir in seasoning blend (cumin, oregano, smoked paprika, bay leaves, and salt). Toast for 30 seconds until fragrant.
4. Add hominy, vegetable broth, and tomato sauce. Bring to a boil, then reduce heat to low. Simmer uncovered for 20 minutes, stirring occasionally.
5. Remove bay leaves. Adjust seasoning if needed.
6. Ladle into two deep bowls. Serve with garnishes arranged on top or on the side for adding at the table.

Nutritional Info:

Calories: 280 | Fats (g): 12 | Carbs (g): 38 | Protein (g): 8



JACKFRUIT "PULLED PORK" FAJITAS

Prep Time: 15 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the jackfruit filling:

- Young green jackfruit (in brine), drained and shredded – 2 cups
- Olive oil – 2 tbsp
- Red bell pepper, sliced – 1 cup
- Yellow onion, sliced – 1 cup
- Garlic, minced – 2 cloves
- Smoked paprika – 1 tsp
- Ground cumin – 1 tsp
- Chili powder – ½ tsp
- Soy sauce – 2 tsp
- Maple syrup – 1 tsp
- Lime juice – 2 tsp

For serving:

- Flour tortillas (8-inch) – 4 tortillas
- Avocado, sliced – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges
- Vegan sour cream – 2 tbsp (optional)

Procedure:

1. Warm olive oil in a large skillet over medium-high heat. Add bell pepper and onion, sautéing for about 5 minutes until just tender.
2. Move vegetables to one side. Add jackfruit to the empty space and it cooks undisturbed for 2 minutes to brown slightly.
3. Stir in garlic, smoked paprika, cumin, and chili powder. Cook for 1 minute until fragrant.
4. Add soy sauce and maple syrup. Use a wooden spoon to break apart jackfruit into shreds as it cooks (about 5 minutes).
5. When jackfruit is well-shredded and slightly crispy, stir in lime juice and combine with vegetables. Remove from heat.
6. Warm tortillas in a dry skillet for 30 seconds per side (work in batches if needed).
7. Divide jackfruit mixture evenly between tortillas. Top each with 2 tbsp avocado slices, ½ tbsp cilantro, and a squeeze of lime. Serve with 1 tbsp vegan sour cream per person if desired.

Nutritional Info:

Calories: 420 | Fats (g): 16 | Carbs (g): 65 | Protein (g): 8



BLACK BEAN & QUINOA STUFFED PEPPERS

Prep Time: 15 min | **Cooking Time:** 35 min | **Servings:** 2 individuals (2 stuffed pepper halves)

Ingredients Required:

For the peppers:

- Bell peppers (any color), halved lengthwise and seeded – 2 medium (about 2 cups when halved)
- Olive oil – 1 tsp

For the filling:

- Cooked quinoa – 1 cup
- Black beans, drained and rinsed – 1 cup
- Corn kernels (fresh or frozen) – ½ cup
- Red onion, diced – ¼ cup
- Garlic, minced – 1 clove
- Tomato, diced – ½ cup
- Ground cumin – 1 tsp
- Chili powder – ½ tsp
- Smoked paprika – ½ tsp
- Lime juice – 1 tsp
- Salt – ¼ tsp
- Olive oil – 2 tsp

For topping:

- Vegan cheese shreds – ¼ cup (optional)
- Fresh cilantro, chopped – 2 tsp

Procedure:

- 1.** Preheat oven to 375°F. Brush pepper halves with 1 tsp olive oil and place cut-side down on a baking sheet. Roast for 15 minutes while preparing filling.
- 2.** Heat 2 tsp olive oil in a skillet over medium heat. Sauté onion and garlic for 2 minutes until fragrant.
- 3.** Add corn, tomato, cumin, chili powder, smoked paprika, and salt. Cook for 3 minutes until tomatoes soften.
- 4.** Stir in quinoa, black beans, and lime juice. Cook for 2 more minutes until heated through. Remove from heat.
- 5.** Flip pepper halves cut-side up. Divide filling evenly between them (about ½ cup per pepper half), packing gently. Top with vegan cheese if using.
- 6.** Bake for 15-20 minutes until peppers are tender and cheese is melted (if using).
- 7.** Garnish each serving (2 halves) with 1 tsp fresh cilantro.

Nutritional Info:

Calories: 380 | Fats (g): 8 | Carbs (g): 65 | Protein (g): 15



MEXICAN STREET CORN SALAD (ESQUITES)

Prep Time: 10 min | **Cooking Time:** 5 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Corn kernels (fresh or frozen/thawed) – 2 cups
- Olive oil – 2 tsp
- Vegan mayonnaise – 2 tbsp
- Lime juice – 2 tsp
- Garlic powder – ¼ tsp
- Smoked paprika – ¼ tsp
- Cayenne pepper – 2 pinches
- Nutritional yeast – 1 tsp
- Fresh cilantro, chopped – 2 tbsp
- Cotija-style vegan cheese, crumbled – 2 tbsp (optional)
- Salt – ¼ tsp

For garnish:

- Lime wedges – 2 wedges
- Chili powder – 2 pinches
- Extra cilantro leaves – 1 tsp

Procedure:

1. Heat olive oil in a medium skillet over medium-high heat. Add corn kernels and cook undisturbed for 2 minutes to develop char. Stir and cook for 2–3 more minutes until lightly browned. Remove from heat.
2. In a medium bowl, whisk together vegan mayo, lime juice, garlic powder, smoked paprika, cayenne, nutritional yeast, and salt.
3. Add warm corn to dressing and toss to coat evenly.
4. Fold in chopped cilantro and vegan cheese (if using). Adjust seasoning to taste.
5. Divide between two serving bowls. Garnish each with 1 lime wedge, 1 pinch chili powder, and ½ tsp extra cilantro leaves.

Nutritional Info:

Calories: 210 | Fats (g): 10 | Carbs (g): 28 | Protein (g): 5



SWEET POTATO & KALE ENCHILADA BOWL

Prep Time: 15 min | **Cooking Time:** 25 min | **Servings:** 2 individuals

Ingredients Required:

For the roasted vegetables:

- Sweet potato, peeled and diced – 2 cups
- Olive oil – 2 tbsp
- Ground cumin – ½ tsp
- Smoked paprika – ½ tsp
- Garlic powder – ¼ tsp
- Salt – ¼ tsp

For the bowl base:

- Cooked brown rice – 1 cup
- Black beans, drained and rinsed – 1 cup
- Kale, stems removed and chopped – 2 cups
- Red onion, diced – ¼ cup
- Enchilada sauce (vegan) – ½ cup

For garnish:

- Avocado, diced – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 2 wedges
- Vegan sour cream – 2 tbsp (optional)

Procedure:

- 1.** Preheat oven to 400°F. In a bowl, toss the diced sweet potato with olive oil, cumin, smoked paprika, garlic powder, and salt until evenly coated. Spread in a single layer on a large baking sheet and roast for 20 minutes, stirring once halfway through, until tender and caramelized.
- 2.** While the sweet potatoes are roasting, heat a medium skillet over medium heat. Sauté red onion for 2 minutes until translucent. Add kale and cook for 3 minutes until wilted.
- 3.** In a small saucepan, warm black beans with 2 tbsp enchilada sauce over low heat for 5 minutes.
- 4.** To assemble the bowls: spoon ½ cup of cooked rice into each of two bowls as the base. Top with half of the roasted sweet potatoes, ½ cup of the warmed black beans, and half of the sautéed kale per bowl.
- 5.** Drizzle each bowl with remaining enchilada sauce (about 3 tbsp per bowl). Top with ¼ cup avocado, 1 tbsp cilantro, and 1 tbsp vegan sour cream if using. Serve with lime wedges.

Nutritional Info:

Calories: 420 | Fats (g): 18 | Carbs (g): 62 | Protein (g): 12



CACTUS (NOPAL) & PINTO BEAN TACOS

Prep Time: 15 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the nopal filling:

- Fresh nopal cactus paddles, cleaned and diced – 2 cups
- Pinto beans, cooked – 1 cup
- White onion, diced – ½ cup
- Garlic, minced – 2 cloves
- Olive oil – 2 tbsp
- Ground cumin – 1 tsp
- Dried oregano – ½ tsp
- Salt – ¼ tsp
- Lime juice – 2 tsp

For assembly:

- Corn tortillas (6-inch) – 6 tortillas
- Avocado, sliced – ½ cup
- Radishes, thinly sliced – ¼ cup
- Fresh cilantro, chopped – 2 tbsp
- Salsa verde – 2 tbsp

Procedure:

- 1.** In a large skillet, heat olive oil over medium heat. Sauté onion for 2 minutes until translucent. Add garlic and cook for 30 seconds until fragrant.
- 2.** Add diced nopal and cook for 8–10 minutes, stirring occasionally, until tender and most of the sticky liquid has evaporated.
- 3.** Stir in pinto beans, cumin, oregano, and salt. Cook for 3 minutes to combine flavors. Remove from heat and stir in lime juice.
- 4.** Warm tortillas in batches in a dry skillet for 30 seconds per side or wrap in a damp towel and microwave for 20 seconds.
- 5.** Divide the nopal-bean mixture evenly among tortillas (about ½ cup per 3 tortillas). Top each taco with 4–5 avocado slices, 2 tsp radishes, and 1 tsp cilantro.
- 6.** Drizzle each serving (3 tacos) with 1 tbsp salsa verde and serve immediately.

Nutritional Info:

Calories: 380 | Fats (g): 16 | Carbs (g): 55 | Protein (g): 12



CREAMY POBLANO SOUP (SOPA DE RAJAS)

Prep Time: 15 min | **Cooking Time:** 25 min | **Servings:** 2 individuals

Ingredients Required:

For the soup base:

- Poblano peppers, roasted and sliced (rajas) – 4 medium (about 1½ cups prepared)
- White onion, sliced – ½ cup
- Garlic, minced – 2 cloves
- Yukon gold potato, peeled and diced – 1 cup
- Vegetable broth – 3 cups
- Olive oil – 2 tbsp
- Ground cumin – ½ tsp
- Dried oregano – ¼ tsp
- Salt – ½ tsp

For the creamy blend:

- Raw cashews, soaked 2+ hours – 4 tbsp
- Nutritional yeast – 1 tsp
- Lime juice – 1 tsp

For garnish:

- Roasted corn kernels – ¼ cup
- Vegan crema – 2 tsp
- Fresh cilantro, chopped – 2 tsp
- Tortilla strips – 2 tbsp

Procedure:

1. Char whole peppers over open flame or under broiler until blackened. Steam in a covered bowl for 10 minutes, then peel, seed, and slice into rajas.
2. In a medium saucepan, heat olive oil over medium. Sauté onion for 3 minutes until soft. Add garlic, cumin, and oregano; cook 30 seconds until fragrant.
3. Stir in the diced potatoes and vegetable broth. Bring to a boil, then reduce heat and simmer gently for 12 minutes, or until the potatoes are tender.
4. Meanwhile, blend soaked cashews with ½ cup cooking liquid, nutritional yeast, and lime juice until completely smooth.
5. Add poblano strips to soup and cook 3 more minutes. Remove from heat and stir in cashew cream.
6. For a velvety texture, blend half the soup briefly using an immersion blender, or leave it chunky if preferred. Taste and adjust seasoning with salt as needed.
7. Ladle into two bowls. Garnish each with 2 tbsp corn, 1 tsp crema, 1 tsp cilantro, and 1 tbsp tortilla strips.

Nutritional Info:

Calories: 320 | Fats (g): 18 | Carbs (g): 35 | Protein (g): 8



TINGA TOSTADAS (MUSHROOM OR SOY)

Prep Time: 15 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the tinga base (choose one):

Mushroom version:

- Cremini mushrooms, shredded – 2 cups
- Olive oil – 2 tbsp

Soy version:

- Soy curls (rehydrated), shredded – 2 cups
- Vegetable broth – 1/2 cup

For the sauce:

- Roma tomato, diced – 1 cup
- White onion, sliced – 1/2 cup
- Garlic, minced – 2 cloves
- Chipotle in adobo, minced – 2 peppers (about 2 tsp)
- Olive oil – 2 tsp
- Ground cumin – 1/2 tsp
- Dried oregano – 1/4 tsp
- Salt – 1/4 tsp

For assembly:

- Corn tostada shells – 4 shells
- Refried black beans (vegan) – 1/2 cup
- Avocado, sliced – 1/2 cup
- Romaine lettuce, shredded – 1 cup
- Vegan crema – 2 tbsp
- Fresh cilantro, chopped – 2 tsp

Procedure:

1. For the mushroom base: Heat 2 tbsp oil in skillet. Cook mushrooms for 8 minutes until crispy, stirring occasionally.
2. For the soy curls base: Simmer rehydrated curls in 1/2 cup broth for 5 minutes until absorbed.
3. In the same skillet, heat 2 tsp oil. Sauté onion for 2 minutes. Add garlic, chipotle, cumin, oregano, and salt; cook 1 minute. Add tomatoes and cook 5 minutes until broken down. Blend until smooth.
4. Combine the protein with sauce. Simmer 3 minutes until thickened.
5. Spread 2 tbsp beans on each tostada. Top each with: 1/2 cup tinga mixture, 1/4 cup lettuce, 2 tbsp avocado slices, 1/2 tbsp crema, 1/2 tsp cilantro

Nutritional Info (mushroom version):

Calories: 380 | Fats (g): 22 | Carbs (g): 38 | Protein (g): 10

Nutritional Info (soy version):

Calories: 550 kcal | Fats (g): 35 | Carbs (g): 55 | Protein (g): 22



JICAMA & CITRUS SALAD WITH CHILE-LIME DRESSING

Prep Time: 15 min | **Cooking Time:** 0 min | **Servings:** 2 individuals

Ingredients Required:

For the salad:

- Jicama, peeled and julienned – 1 cup
- Orange, peeled and segmented – 1 cup
- Grapefruit, peeled and segmented – 1 cup
- Red onion, thinly sliced – ¼ cup
- Fresh cilantro, chopped – 2 tbsp
- Avocado, diced – ½ cup

For the dressing:

- Fresh lime juice – 2 tbsp
- Extra virgin olive oil – 2 tsp
- Agave syrup – 1 tsp
- Chili powder – ½ tsp
- Sea salt – ¼ tsp
- Black pepper – 2 pinches

Procedure:

1. In a small bowl, whisk together lime juice, olive oil, agave syrup, chili powder, salt, and black pepper until fully combined. Set aside.
2. In a large mixing bowl, combine jicama, orange segments, grapefruit segments, red onion, and cilantro.
3. Drizzle the dressing over the salad and toss gently to coat all ingredients evenly.
4. Divide the salad between two serving plates and top each with ¼ cup diced avocado.
5. Serve immediately, or refrigerate for up to 30 minutes for a chilled salad.

Nutritional Info:

Calories: 220 | Fats (g): 10 | Carbs (g): 34 | Protein (g): 3



LENTIL & WALNUT "MEAT" PICADILLO TACOS

Prep Time: 15 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the lentil-walnut picadillo:

- Cooked brown lentils – 1 cup
- Walnuts, finely chopped – ½ cup
- White onion, diced – ½ cup
- Garlic, minced – 2 cloves
- Tomato, diced – ½ cup
- Green bell pepper, diced – ½ cup
- Olive oil – 2 tsp
- Ground cumin – 1 tsp
- Smoked paprika – ½ tsp
- Dried oregano – ½ tsp
- Tomato paste – 2 tsp
- Vegetable broth – ¼ cup
- Sea salt – ½ tsp
- Black pepper – 2 pinches

For serving:

- Corn tortillas (6-inch) – 4 tortillas
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges
- Avocado, sliced – ½ cup

Procedure:

1. Heat olive oil in a medium skillet over medium heat. Add onion and garlic, sautéing for 2–3 minutes until softened.
2. Stir in bell pepper and cook for another 2 minutes until slightly tender.
3. Add lentils, walnuts, cumin, smoked paprika, oregano, tomato paste, vegetable broth, salt, and black pepper. Mix well to combine.
4. Reduce heat to low and simmer for 8–10 minutes, stirring occasionally, until the mixture thickens and flavors meld. If needed, add a splash more broth to prevent sticking.
5. Warm the tortillas in batches in a dry skillet for 30 seconds per side or wrap in a damp towel and microwave for 15 seconds.
6. Spoon ½ cup lentil-walnut picadillo onto each tortilla. Top each with 2 tbsp avocado slices and ½ tbsp chopped cilantro.
7. Serve immediately with 2 lime wedges per person for squeezing over the tacos.

Nutritional Info:

Calories: 420 | Fats (g): 24 | Carbs (g): 45 | Protein (g): 14



TORTILLA SOUP (SOPA AZTECA)

Prep Time: 15 min | **Cooking Time:** 25 min | **Servings:** 2 individuals

Ingredients Required:

For the soup base:

- Olive oil – 2 tsp
- White onion, diced – ½ cup
- Garlic, minced – 2 cloves
- Tomato, diced – 1 cup
- Chipotle pepper in adobo, minced – 1 tsp
- Vegetable broth – 3 cups
- Ground cumin – ½ tsp
- Dried oregano – ½ tsp
- Sea salt – ½ tsp
- Black pepper – 2 pinches

For toppings & assembly:

- Corn tortillas (6-inch), cut into strips – 2 tortillas
- Avocado, diced – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges
- Vegan queso fresco or crumbled tofu (optional) – ¼ cup

Procedure:

1. Heat olive oil in a medium pot over medium heat. Add onion and garlic, sautéing for 2–3 minutes until translucent.
2. Stir in diced tomato and chipotle pepper, cooking for another 3 minutes until tomatoes soften.
3. Pour in vegetable broth, cumin, oregano, salt, and black pepper. Bring to a simmer, then reduce heat to low and cook uncovered for 15 minutes.
4. While the soup simmers, preheat oven to 375°F. Spread tortilla strips on a baking sheet and bake for 8–10 minutes until crisp, flipping once halfway.
5. Once the soup is ready, use an immersion blender to partially blend (leave some texture) or transfer half to a blender, then return to the pot.
6. Ladle the soup into two bowls. Top each with: 1 tortilla's worth of baked strips, ¼ cup diced avocado, 1 tbsp chopped cilantro, 2 tbsp vegan queso fresco/tofu (if using)
7. Serve immediately with 2 lime wedges per bowl for squeezing.

Nutritional Info:

Calories: 280 | Fats (g): 16 | Carbs (g): 32 | Protein (g): 6



CHIPOTLE BLACK BEAN BURGERS WITH GUACAMOLE

Prep Time: 15 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For the black bean burgers:

- Cooked black beans, drained and rinsed – 1 cup
- Rolled oats – ¼ cup
- Red onion, finely diced – ¼ cup
- Garlic, minced – 1 clove
- Chipotle pepper in adobo, minced – 1 tsp
- Ground cumin – ½ tsp
- Smoked paprika – ½ tsp
- Olive oil – 2 tsp
- Sea salt – ¼ tsp

For the guacamole:

- Ripe avocado – 1 small (½ cup mashed)
- Lime juice – 1 tbsp
- Red onion, finely diced – 2 tbsp
- Fresh cilantro, chopped – 1 tbsp
- Sea salt – ¼ tsp

For serving:

- Whole wheat burger buns – 2 buns
- Lettuce leaves – 4 leaves
- Tomato slices – 4 slices

Procedure:

1. In a mixing bowl, mash black beans with a fork until mostly smooth but with some texture remaining.
2. Add oats, finely chopped red onion, minced garlic, chipotle pepper, ground cumin, smoked paprika, and salt. Stir thoroughly until all ingredients are evenly incorporated.
3. Form the mixture into two evenly sized patties, about ¾-inch thick each.
4. Heat olive oil in a skillet over medium heat. Cook patties for 4–5 minutes per side until firm and lightly browned (may need to cook in batches if skillet is small).
5. While the patties cook, mash avocado in a small bowl. Mix in lime juice, red onion, cilantro, and salt to make guacamole.
6. Lightly toast the burger buns, if desired, to add a subtle crunch.
7. Assemble the burgers by placing 2 lettuce leaves on each bottom bun, followed by 1 black bean patty, ¼ cup guacamole, and 2 tomato slices.

Nutritional Info:

Calories: 420 | Fats (g): 18 | Carbs (g): 55 | Protein (g): 15



GRILLED ZUCCHINI & CORN TACOS

Prep Time: 15 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For the taco filling:

- Zucchini, sliced into ¼-inch strips – 1 cup
- Corn kernels (fresh or frozen) – 1 cup
- Red bell pepper, thinly sliced – ½ cup
- Olive oil – 2 tsp
- Ground cumin – ½ tsp
- Chili powder – ½ tsp
- Garlic powder – ¼ tsp
- Sea salt – ¼ tsp

For the avocado crema:

- Ripe avocado – ½ cup
- Lime juice – 1 tbsp
- Water – 2 tsp
- Sea salt – 2 pinches

For serving:

- Corn tortillas (6-inch) – 6 tortillas
- Red cabbage, shredded – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Procedure:

1. Preheat a grill pan or large skillet over medium-high heat. Lightly brush zucchini strips with 1 teaspoon of olive oil.
2. Grill zucchini for 2-3 minutes per side until tender with visible grill marks. Remove and slice into bite-sized pieces.
3. In the same pan, heat remaining 1 tsp olive oil. Add corn and bell pepper, sautéing for 3-4 minutes until lightly charred.
4. Stir in cumin, chili powder, garlic powder, and salt. Mix well and remove from heat.
5. For the crema, blend avocado, lime juice, water, and salt until smooth. Add more water if needed for drizzling consistency.
6. Warm tortillas in batches in a dry skillet for 30 seconds per side.
7. Assemble tacos by dividing zucchini and corn mixture among tortillas (about ⅓ cup per taco). Top each with: 1-2 tbsp shredded cabbage, 1 tbsp avocado crema, 1 tsp chopped cilantro.
8. Serve immediately with 2 lime wedges per person.

Nutritional Info:

Calories: 320 | Fats (g): 16 | Carbs (g): 45 | Protein (g): 7



"FISH" TACOS (HEARTS OF PALM OR BANANA BLOSSOM)

Prep Time: 20 min | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the "fish" filling:

- Hearts of palm or banana blossom (canned), drained and shredded – 1½ cups
- Nori sheet, crumbled – 1 sheet
- Lime juice – 2 tbsp
- Old Bay seasoning – 1 tsp
- Garlic powder – ½ tsp
- Olive oil – 2 tsp

For the batter (optional):

- All-purpose flour – 6 tbsp
- Cornstarch – 2 tbsp
- Sparkling water – 6 tbsp
- Salt – ¼ tsp

For the slaw:

- Green cabbage, shredded – 1 cup
- Carrot, shredded – ¼ cup
- Vegan mayo – 2 tbsp
- Lime juice – 1 tbsp
- Agave syrup – ½ tsp
- Salt – 2 pinches

For serving:

- Corn tortillas (6-inch) – 6 tortillas
- Avocado slices – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges
- Hot sauce (optional)

Procedure:

1. In a medium bowl, combine shredded hearts of palm or banana blossom with finely crumbled nori, freshly squeezed lime juice, Old Bay seasoning, and garlic powder. Allow the mixture to marinate for 10 minutes to develop flavor.
2. For the slaw, mix cabbage, carrot, vegan mayo, lime juice, agave, and salt. Refrigerate until ready to use.
3. If opting for a crispy coating, whisk together all-purpose flour, cornstarch, sparkling water, and salt until a smooth batter forms. Dip the marinated "fish" pieces into the batter, ensuring an even coating.
4. Heat olive oil in a large non-stick skillet over medium heat. Cook "fish" mixture (battered or unbattered) in batches for 3–4 minutes per side until golden.
5. Warm tortillas in batches in a dry skillet for 30 seconds per side.
6. Assemble the tacos by layering approximately ¼ cup of the "fish" mixture on each tortilla, followed by 3 tablespoons of slaw, 4 to 5 slices of avocado, and a sprinkle of fresh cilantro.
7. Serve with 2 lime wedges per person and hot sauce if desired.

Nutritional Info:

Calories: 380 | Fats (g): 18 | Carbs (g): 52 | Protein (g): 8



MEXICAN CHOPPED SALAD WITH LIME-CILANTRO DRESSING

Prep Time: 15 min | **Cooking Time:** 0 min | **Servings:** 2 individuals

Ingredients Required:

For the salad:

- Romaine lettuce, chopped – 2 cups
- Cherry tomatoes, quartered – 1 cup
- Cucumber, diced – 1 cup
- Avocado, diced – 1/2 cup
- Red bell pepper, diced – 1/2 cup
- Cooked black beans, rinsed – 1/2 cup
- Corn kernels (fresh or thawed frozen) – 1/2 cup
- Red onion, thinly sliced – 2 tbsp

For the dressing:

- Fresh lime juice – 2 tbsp
- Olive oil – 4 tsp
- Fresh cilantro, finely chopped – 2 tbsp
- Garlic, minced – 1 clove
- Ground cumin – 1/4 tsp
- Sea salt – 1/4 tsp
- Black pepper – 2 pinches

For garnish (optional):

- Tortilla strips – 1/4 cup
- Pumpkin seeds – 2 tsp

Procedure:

1. In a small bowl, whisk together lime juice, olive oil, cilantro, garlic, cumin, salt, and pepper until well combined.
2. In a large mixing bowl, combine romaine, tomatoes, cucumber, avocado, bell pepper, black beans, corn, and red onion.
3. Drizzle dressing over salad and toss gently to coat all ingredients evenly.
4. Divide between two serving bowls and top each with 2 tbsp tortilla strips and 1 tsp pumpkin seeds if desired.
5. Serve immediately for best texture.

Nutritional Info:

Calories: 320 | Fats (g): 20 | Carbs (g): 35 | Protein (g): 9



STUFFED AVOCADOS WITH TEMPEH CHORIZO

Prep Time: 15 min | Cooking Time: 10 min | Servings: 2 individuals

Ingredients Required:

For the tempeh chorizo:

- Tempeh, crumbled – 1 cup
- Olive oil – 2 tsp
- Tomato paste – 2 tsp
- Apple cider vinegar – 1 tsp
- Smoked paprika – 1 tsp
- Garlic powder – ½ tsp
- Ground cumin – ½ tsp
- Chili powder – ½ tsp
- Oregano – ¼ tsp
- Sea salt – ¼ tsp

For the stuffed avocados:

- Avocados, halved and pitted – 2 medium avocados
- Lime juice – 1 tbsp
- Cherry tomatoes, diced – ½ cup
- Red onion, finely diced – 2 tbsp
- Fresh cilantro, chopped – 2 tbsp

For garnish (optional):

- Vegan sour cream – 2 tbsp
- Radish slices – ¼ cup

Procedure:

1. Heat olive oil in a medium skillet over medium heat. Add crumbled tempeh and cook for 3 minutes, stirring frequently.
2. Incorporate tomato paste, vinegar, smoked paprika, garlic powder, cumin, chili powder, oregano, and salt. Cook for an additional 5 minutes, allowing the tempeh to caramelize and the spices to meld.
3. Lightly drizzle avocado halves with fresh lime juice to prevent oxidation.
4. In a small bowl, mix tomatoes, red onion, and cilantro.
5. Spoon approximately ¼ cup of the tempeh chorizo mixture into each avocado half, then top with 2 tablespoons of the tomato-onion salsa.
6. Garnish each serving (2 avocado halves) with 1 tbsp vegan sour cream and 2 tbsp radish slices if desired. Serve immediately.

Nutritional Info:

Calories: 420 | Fats (g): 32 | Carbs (g): 25 | Protein (g): 18



BUTTERNUT SQUASH & BLACK BEAN QUESADILLAS

Prep Time: 15 min | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the filling:

- Butternut squash, peeled and diced – 1 cup
- Olive oil – 1 tsp
- Black beans, rinsed and drained – ½ cup
- Red bell pepper, diced – ¼ cup
- Red onion, diced – 2 tbsp
- Garlic, minced – 1 clove
- Ground cumin – ½ tsp
- Smoked paprika – ½ tsp
- Chili powder – ¼ tsp
- Salt – ¼ tsp

For assembly:

- Flour tortillas (8-inch) – 4 tortillas
- Vegan cheese, shredded – ½ cup
- Avocado, sliced – ½ cup
- Fresh cilantro, chopped – 2 tbsp

For serving (optional):

- Vegan sour cream – 2 tbsp
- Lime wedges – 4 wedges

Procedure:

1. Preheat oven to 400°F. Toss butternut squash with olive oil and roast for 12–15 minutes until tender.
2. Meanwhile, heat a medium skillet over medium heat. Sauté bell pepper, onion, and garlic for 3 minutes until softened and fragrant.
3. Add black beans, roasted squash, cumin, smoked paprika, chili powder, and salt. Cook for 2 minutes, mashing slightly.
4. Heat a clean skillet over medium heat. Place one tortilla in the skillet and sprinkle with 2 tbsp vegan cheese.
5. Spread ½ cup squash-bean mixture evenly over the cheese, then top with 2 tbsp more cheese and a second tortilla.
6. Cook for 2–3 minutes per side until golden and crispy. Repeat for second quesadilla.
7. Remove from heat, slice each quesadilla into 4 wedges, and top with ¼ cup avocado and 1 tbsp cilantro per quesadilla. Serve with 1 tbsp sour cream and 2 lime wedges per person.

Nutritional Info:

Calories: 480 | Fats (g): 22 | Carbs (g): 62 | Protein (g): 14



SPICY CUCUMBER & MANGO SALAD

Prep Time: 15 min | **Cooking Time:** 0 min | **Servings:** 2 individuals

Ingredients Required:

For the salad:

- English cucumber, thinly sliced – 2 cups
- Ripe mango, julienned – 1 cup
- Red bell pepper, thinly sliced – ½ cup
- Red onion, thinly sliced – 2 tbsp
- Fresh cilantro, chopped – 2 tbsp
- Jalapeño, seeded and minced – 1 tsp

For the dressing:

- Lime juice – 2 tbsp
- Agave syrup – 1 tsp
- Olive oil – 1 tsp
- Chili powder – ½ tsp
- Sea salt – ¼ tsp

For garnish (optional):

- Toasted pumpkin seeds – 2 tsp

Procedure:

1. In a small bowl, whisk together lime juice, agave syrup, olive oil, chili powder, and sea salt until fully combined.
2. In a large mixing bowl, combine cucumber, mango, bell pepper, red onion, cilantro, and jalapeño.
3. Pour dressing over salad and toss gently to coat all ingredients evenly.
4. Divide between two serving bowls and sprinkle each with 1 tsp toasted pumpkin seeds if desired.
5. Serve immediately or chill for 15 minutes to allow flavors to meld.

Nutritional Info:

Calories: 120 | Fats (g): 3 | Carbs (g): 25 | Protein (g): 2



BARBACOA TACOS (JACKFRUIT OR SOY CURLS)

Prep Time: 15 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the barbacoa filling:

- Young green jackfruit (in brine) or soy curls – 2 cups (drained/pressed)
- Olive oil – 2 tsp
- White onion, diced – ½ cup
- Garlic, minced – 4 cloves
- Tomato paste – 2 tbsp
- Vegetable broth – ½ cup
- Apple cider vinegar – 2 tsp
- Lime juice – 2 tsp
- Ground cumin – 1 tsp
- Smoked paprika – 1 tsp
- Oregano – ½ tsp
- Bay leaves – 2 small leaves
- Salt – ½ tsp
- Black pepper – 2 pinches

For serving:

- Corn tortillas (6-inch) – 6 tortillas
- Red onion, thinly sliced – ¼ cup
- Fresh cilantro, chopped – 4 tbsp
- Lime wedges – 4 wedges
- Avocado slices – ½ cup

Procedure:

- 1.** If using jackfruit, drain and shred with forks. If using soy curls, rehydrate in warm water for 10 minutes, then squeeze dry.
- 2.** Heat olive oil in a medium skillet over medium heat. Sauté onion and garlic for 3 minutes until translucent.
- 3.** Add shredded jackfruit or soy curls, tomato paste, broth, vinegar, lime juice, and all spices. Stir well to combine.
- 4.** Lower heat to a simmer, cover, and cook for 15 minutes, stirring occasionally. Remove bay leaves prior to serving.
- 5.** Meanwhile, heat tortillas in a dry skillet, about 30 seconds on each side.
- 6.** Spoon the filling onto tortillas, approximately ⅓ cup per taco. Top each with red onion, cilantro, and avocado slices.
- 7.** Serve with lime wedges, two per person.

Nutritional Info:

Calories: 380 | Fats (g): 14 | Carbs (g): 55 | Protein (g): 12



ROASTED POBLANO & POTATO SOUP

Prep Time: 15 min | **Cooking Time:** 30 min | **Servings:** 2 individuals

Ingredients Required:

For the soup base:

- Poblano peppers – 2 medium (about 1 cup roasted)
- Yukon gold potato, diced – 1 cup
- White onion, diced – ½ cup
- Garlic, minced – 2 cloves
- Olive oil – 2 tsp
- Vegetable broth – 2 cups
- Ground cumin – ½ tsp
- Dried oregano – ¼ tsp
- Salt – ½ tsp
- Black pepper – 2 pinches

For garnish:

- Vegan sour cream – 2 tbsp
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges
- Tortilla strips – ¼ cup

Procedure:

1. Char poblanos directly over a gas flame or under the broiler until blackened. Transfer to a bowl, cover with a towel, and let steam for 10 minutes. Peel, seed, and chop finely.
2. In a medium pot, heat olive oil over medium heat. Sauté onion and garlic until softened, about 3 minutes.
3. Add potato, roasted poblanos, cumin, oregano, salt, and pepper. Cook for 2 minutes, stirring constantly.
4. Pour in vegetable broth. Bring to boil, then reduce heat and simmer uncovered for 20 minutes until potatoes are tender.
5. Using an immersion blender, blend the soup until smooth, or carefully transfer in batches to a blender.
6. Serve in two bowls. Top each with 1 tablespoon sour cream, 1 tablespoon chopped cilantro, and 2 tablespoons crispy tortilla strips. Accompany with 2 lime wedges per bowl.

Nutritional Info:

Calories: 280 | Fats (g): 10 | Carbs (g): 45 | Protein (g): 5



MEXICAN RICE & LENTIL STUFFED TOMATOES

Prep Time: 20 min | **Cooking Time:** 30 min | **Servings:** 2 individuals

Ingredients Required:

For the stuffed tomatoes:

- Large beefsteak tomatoes – 4 (about 6 oz each)
- Cooked brown rice – 1 cup
- Cooked green lentils – ½ cup
- White onion, diced – ¼ cup
- Garlic, minced – 2 cloves
- Olive oil – 2 tsp
- Tomato paste – 2 tsp
- Ground cumin – ½ tsp
- Smoked paprika – ½ tsp
- Vegetable broth – ¼ cup
- Salt – ¼ tsp
- Black pepper – 2 pinches

For garnish:

- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Procedure:

1. Preheat oven to 375°F. Cut tops off tomatoes and scoop out pulp, leaving ½-inch thick shells. Reserve pulp.
2. In a medium skillet, heat olive oil over medium heat. Sauté the onion and garlic for 2 minutes until softened and fragrant.
3. Finely chop the reserved tomato pulp and add it to the skillet along with tomato paste, cumin, and smoked paprika. Cook for 3 minutes, stirring occasionally.
4. Stir in rice, lentils, broth, salt, and pepper. Cook for 2 minutes until liquid is absorbed. Remove from heat.
5. Spoon the rice and lentil mixture into each tomato shell, filling them about ½ cup each and pressing lightly to pack. Arrange the stuffed tomatoes in a baking dish.
6. Bake for 20–25 minutes until tomatoes are tender but still hold their shape.
7. Garnish each serving (2 tomatoes) with 1 tbsp cilantro and serve with 2 lime wedges.

Nutritional Info:

Calories: 320 | Fats (g): 6 | Carbs (g): 58 | Protein (g): 12



SMOKY CHICKPEA & SPINACH TACOS

Prep Time: 10 min | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the taco filling:

- Cooked chickpeas – 1 cup
- Fresh spinach, chopped – 2 cups
- Red bell pepper, diced – ½ cup
- White onion, diced – ¼ cup
- Garlic, minced – 2 cloves
- Olive oil – 2 tsp
- Smoked paprika – 1 tsp
- Ground cumin – ½ tsp
- Chili powder – ½ tsp
- Salt – ¼ tsp

For serving:

- Corn tortillas (6-inch) – 6 tortillas
- Avocado slices – ½ cup
- Lime wedges – 4 wedges
- Fresh cilantro, chopped – 2 tbsp

Procedure:

1. Heat olive oil in a medium skillet over medium heat. Add onion and garlic, sautéing for 2 minutes until fragrant.
2. Stir in bell pepper and cook for 2 minutes more until slightly softened.
3. Add chickpeas, smoked paprika, cumin, chili powder, and salt. Cook for 3 minutes, mashing chickpeas slightly with a fork.
4. Add spinach and cook for 2 minutes until just wilted. Remove from heat.
5. Warm tortillas in batches in a dry skillet for 30 seconds per side.
6. Divide chickpea mixture among tortillas (about ⅓ cup per taco). Top each with: 4–5 avocado slices, 1 tsp chopped cilantro.
7. Serve immediately with 2 lime wedges per person.

Nutritional Info:

Calories: 350 | Fats (g): 14 | Carbs (g): 50 | Protein (g): 12



"CHICKEN" FAJITA SALAD

Prep Time: 15 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For the fajita filling:

- Soy curls or vegan chicken strips – 1½ cups (rehydrated if using soy curls)
- Bell peppers (mixed colors), sliced – 1 cup
- Red onion, sliced – ½ cup
- Olive oil – 2 tsp
- Garlic powder – ½ tsp
- Ground cumin – ½ tsp
- Smoked paprika – ½ tsp
- Chili powder – ¼ tsp
- Salt – ¼ tsp

For the salad base:

- Romaine lettuce, chopped – 4 cups
- Cherry tomatoes, halved – ½ cup
- Avocado, sliced – ½ cup

For the dressing:

- Lime juice – 2 tbsp
- Olive oil – 2 tsp
- Agave syrup – 1 tsp
- Cilantro, chopped – 2 tsp
- Salt – 2 pinches

For garnish:

- Tortilla strips – ¼ cup
- Fresh cilantro – 2 tbsp

Procedure:

1. Heat olive oil in a large skillet over medium-high heat. Add bell peppers and onion, sautéing for 3 minutes.
2. Stir in soy curls or vegan chicken, garlic powder, cumin, smoked paprika, chili powder, and salt. Cook for 5–6 minutes, stirring occasionally, until the vegetables are tender-crisp and the protein is heated through.
3. Meanwhile, whisk together lime juice, olive oil, agave syrup, chopped cilantro, and salt in a small bowl to make the dressing.
4. Divide romaine between two plates. Top each with: 1 cup fajita mixture, ¼ cup tomatoes, ¼ cup avocado slices.
5. Drizzle each salad with half the dressing and garnish with: 2 tbsp tortilla strips, 1 tbsp fresh cilantro.

Nutritional Info:

Calories: 380 | Fats (g): 18 | Carbs (g): 35 | Protein (g): 22

DINNERS



ENCHILADAS SUIZAS (CASHEW CREAM)

Prep Time: 25 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the cashew cream sauce:

- Raw cashews (soaked 4 hours) – ½ cup
- Vegetable broth – ½ cup
- Lime juice – 2 tsp
- Garlic, minced – 1 clove
- Salt – ¼ tsp

For the filling:

- Mushrooms, diced – 1 cup
- Spinach, chopped – 1 cup
- White onion, diced – ¼ cup
- Olive oil – 2 tsp
- Ground cumin – ½ tsp
- Salt – ¼ tsp

For assembly:

- Corn tortillas (6-inch) – 6 tortillas
- Tomatillo salsa – ½ cup
- Vegan cheese, shredded – ¼ cup
- Cilantro, chopped – 2 tbsp

Procedure:

- 1.** Preheat oven to 375°F. Blend all cashew cream ingredients until completely smooth. Set aside.
- 2.** Heat olive oil in medium skillet over medium heat. Sauté onion for 2 minutes, then add mushrooms. Cook 5 minutes until browned.
- 3.** Stir in the spinach, cumin, and salt. Cook for another 2 minutes until the spinach wilts. Remove from heat.
- 4.** Briefly dip each tortilla in warm tomatillo salsa to soften. Spoon about ⅓ cup of the filling onto each tortilla, roll tightly, and arrange seam-side down in an 8x8-inch baking dish.
- 5.** Pour remaining salsa over enchiladas, then drizzle with cashew cream. Sprinkle with vegan cheese.
- 6.** Bake 15 minutes until bubbly. Broil 1–2 minutes for golden top if desired.
- 7.** Garnish with cilantro and serve immediately.

Nutritional Info:

Calories: 420 | Fats (g): 22 | Carbs (g): 45 | Protein (g): 14



SOY "CARNITAS" WITH ORANGE & BEER GLAZE

Prep Time: 15 min | Cooking Time: 35 min | Servings: 2 individuals

Ingredients Required:

For the carnitas:

- Soy curls (textured vegetable protein) – 1½ cups (rehydrated)
- Olive oil – 2 tbsp
- Orange juice – ½ cup
- Vegan beer (amber or lager) – ½ cup
- Garlic, minced – 4 cloves
- Ground cumin – 1 tsp
- Dried oregano – ½ tsp
- Smoked paprika – ½ tsp
- Salt – ½ tsp
- Black pepper – 2 pinches

For serving:

- Corn tortillas (6-inch) – 6 tortillas
- Red onion, thinly sliced – ¼ cup
- Fresh cilantro, chopped – 4 tbsp
- Lime wedges – 4 wedges
- Avocado slices – ½ cup

Procedure:

1. Preheat oven to 375°F. Squeeze excess water from rehydrated soy curls and shred with forks.
2. Heat olive oil in a large oven-safe skillet over medium-high heat. Add soy curls and cook for 5 minutes until lightly browned.
3. Add garlic, cumin, oregano, smoked paprika, salt, and pepper. Stir and cook for 1 minute until the spices release their aroma.
4. Pour in the orange juice and beer. Bring to simmer and cook for 3 minutes.
5. Transfer the skillet to oven and bake uncovered for 20 minutes, stirring once, until liquid reduces to a glaze.
6. Remove from the oven and broil for 2–3 minutes until edges crisp slightly.
7. Warm tortillas in batches in a dry skillet. Serve the carnitas with 3 tortillas per person, topped with 2 tbsp red onion, 2 tbsp cilantro, ¼ cup avocado slices, and 2 lime wedges.

Nutritional Info:

Calories: 480 | Fats (g): 18 | Carbs (g): 52 | Protein (g): 24



TAMALES (GREEN CHILE & CHEESE OR MUSHROOM)

Prep Time: 30 min | **Cooking Time:** 1 hour | **Servings:** 2 individuals

Ingredients Required:

For the masa dough:

- Masa harina – 1 cup
- Vegetable broth, warm – $\frac{2}{3}$ cup
- Vegan shortening – $\frac{1}{4}$ cup
- Baking powder – $\frac{1}{2}$ tsp
- Salt – $\frac{1}{4}$ tsp

For green chile & cheese filling:

- Poblano peppers, roasted and diced – $\frac{1}{2}$ cup
- Vegan mozzarella, shredded – $\frac{1}{2}$ cup

For mushroom filling (alternative):

- Cremini mushrooms, diced – 1 cup
- Garlic, minced – 1 clove
- Olive oil – 1 tsp
- Cumin – $\frac{1}{4}$ tsp

For assembly:

- Corn husks – 6 medium, soaked 30 min
- Salsa verde – $\frac{1}{4}$ cup (for serving)

Nutritional Info (Green Chile & Cheese version): Calories: 420 | Fats (g): 22
Carbs (g): 45 | Protein (g): 12

Nutritional Info (Mushroom version):
Calories: 380 | Fats (g): 18 | Carbs (g): 48
Protein (g): 10

Procedure:

1. Prepare fillings: for mushroom option, sauté mushrooms with garlic, olive oil, and cumin for 5 minutes until tender. Set aside.
2. In a large bowl, beat the shortening with salt until light and fluffy, about 1 minute. In a separate bowl, mix masa harina with baking powder. Gradually add the masa mixture to the shortening, alternating with broth, mixing until a smooth dough forms, about 3 minutes.
3. Drain the soaked corn husks thoroughly. Spread 2 tablespoons of masa dough in the center of each husk, leaving a 1-inch border around the edges.
4. Spoon 1 tablespoon of your chosen filling (either green chile & cheese or mushrooms) down the center of the masa.
5. Fold the husk lengthwise over the filling, then fold up the bottom edge. Tie with a soaked husk strip if needed to secure.
6. Arrange tamales standing upright in a steamer basket (you may need to cook in batches). Steam over simmering water for 45–55 minutes, or until the masa easily pulls away from the husk.
7. Let tamales rest for 5 minutes before serving. Serve with 2 tablespoons of salsa verde per person.



SMOKY BLACK BEAN & SWEET POTATO CHILI

Prep Time: 15 min | Cooking Time: 30 min | Servings: 2 individuals

Ingredients Required:

For the chili base:

- Sweet potato, peeled and diced – 1 cup
- Black beans, cooked – 1 cup
- Diced tomatoes – 1 cup
- White onion, diced – ½ cup
- Garlic, minced – 2 cloves
- Olive oil – 2 tsp
- Vegetable broth – 1½ cups

For seasoning:

- Smoked paprika – 1 tsp
- Ground cumin – 1 tsp
- Chili powder – ½ tsp
- Dried oregano – ½ tsp
- Salt – ½ tsp
- Black pepper – 2 pinches

For garnish:

- Avocado, diced – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Procedure:

1. Heat olive oil in a medium pot over medium heat. Sauté onion and garlic for 2 minutes until fragrant.
2. Add sweet potato and cook for 3 minutes, stirring occasionally.
3. Stir in smoked paprika, cumin, chili powder, oregano, salt, and black pepper. Cook for 1 minute until spices are aromatic.
4. Add black beans, diced tomatoes, and vegetable broth. Bring to a boil.
5. Reduce heat to low, cover, and simmer for 20 minutes until sweet potatoes are tender.
6. Remove the lid and cook uncovered for an additional 5 minutes to slightly thicken the chili, if desired.
7. Divide the chili evenly between two bowls. Top each serving with ¼ cup diced avocado, 1 tablespoon chopped cilantro, and serve with 2 lime wedges.

Nutritional Info:

Calories: 380 | Fats (g): 12 | Carbs (g): 62 | Protein (g): 14



STUFFED POBLANO PEPPERS (CHILES RELLENOS)

Prep Time: 20 min | **Cooking Time:** 25 min | **Servings:** 2 individuals

Ingredients Required:

For the peppers:

- Poblano peppers – 4 medium (about 4 oz each)
- Olive oil – 1 tsp

For the filling:

- Sweet potato, diced – 1 cup
- Black beans, cooked – ½ cup
- Corn kernels – ¼ cup
- Red onion, diced – ¼ cup
- Garlic, minced – 1 clove
- Ground cumin – ½ tsp
- Smoked paprika – ½ tsp
- Salt – ¼ tsp

For the sauce:

- Tomato, diced – 1 cup
- Vegetable broth – ½ cup
- Garlic, minced – 1 clove
- Olive oil – 1 tsp
- Dried oregano – ¼ tsp

For garnish:

- Vegan queso fresco – 2 tbsp
- Fresh cilantro, chopped – 2 tbsp

Nutritional Info:

Calories: 320 | Fats (g): 8 | Carbs (g): 55 | Protein (g): 12

Procedure:

1. Preheat oven to 400°F. Roast whole poblanos directly over gas flame or under broiler until charred. Transfer to a bowl, cover, and steam for 10 minutes. Peel off skins, make a lengthwise slit, and remove seeds.
2. Toss sweet potato with 1 tsp olive oil and roast for 15 minutes until tender.
3. Heat 1 tsp olive oil in a skillet. Sauté onion and garlic for 2 minutes. Add roasted sweet potato, black beans, corn, cumin, paprika, and salt. Cook for 3 minutes.
4. For the sauce, heat 1 tsp olive oil in a small pot. Sauté garlic for 30 seconds, add tomatoes, broth, and oregano. Simmer for 10 minutes, then blend until smooth.
5. Stuff each poblano pepper with about ½ cup of the filling mixture and place them in a baking dish. Pour the sauce evenly around the peppers.
6. Bake at 375°F for 15 minutes. Garnish each serving (2 peppers) with: 1 tbsp vegan queso fresco, 1 tbsp chopped cilantro.



MOLE POBLANO WITH SEITAN

Prep Time: 20 min | **Cooking Time:** 35 min | **Servings:** 2 individuals

Ingredients Required:

For the mole sauce:

- Dried ancho chiles – 2 peppers
- Almonds – 2 tbsp
- Raisins – 2 tbsp
- Tomatoes, diced – 1 cup
- White onion, diced – ½ cup
- Garlic, minced – 2 cloves
- Olive oil – 2 tsp
- Vegetable broth – 1½ cups
- Dark chocolate (vegan) – 1 oz
- Ground cinnamon – ¼ tsp
- Ground cloves – 2 pinches
- Salt – ½ tsp

For the seitan:

- Seitan, sliced – 8 oz
- Olive oil – 1 tsp
- Salt – 2 pinches

For serving:

- Cooked white rice – 1 cup
- Sesame seeds – 1 tsp
- Fresh cilantro – 2 tbsp

Procedure:

1. Toast ancho chiles in a dry skillet for 30 seconds per side. Remove seeds and stems, then soak in hot water for 10 minutes.
2. Heat ½ tsp olive oil in a skillet. Sear seitan slices for 2 minutes per side until browned. Set aside.
3. Using the same skillet, heat the remaining 1½ teaspoons of olive oil. Sauté onion and garlic for 2 minutes until fragrant. Add diced tomato and cook for 3 minutes, stirring occasionally.
4. Drain chiles and add to blender with sautéed vegetables, almonds, raisins, 1 cup broth, chocolate, and spices. Blend until smooth.
5. Pour the sauce back into the skillet, add the remaining ½ cup broth, and simmer for 15 minutes, stirring occasionally, until thickened.
6. Add seitan and cook for 5 minutes to absorb flavors.
7. Serve ½ cup rice per person, topped with: ½ the mole-seitan mixture, ½ tsp sesame seeds, 1 tbsp cilantro.

Nutritional Info:

Calories: 480 | Fats (g): 18 | Carbs (g): 52 | Protein (g): 28



LENTIL & WALNUT "MEATBALL" ALBÓNDIGAS

Prep Time: 20 min | **Cooking Time:** 25 min | **Servings:** 2 individuals

Ingredients Required:

For the meatballs:

- Cooked brown lentils – 1 cup
- Walnuts, finely chopped – ½ cup
- Breadcrumbs – ¼ cup
- White onion, minced – ¼ cup
- Garlic, minced – 2 cloves
- Ground cumin – ½ tsp
- Smoked paprika – ½ tsp
- Olive oil – 2 tsp
- Salt – ½ tsp

For the tomato broth:

- Tomato, diced – 1 cup
- Vegetable broth – 2 cups
- White onion, sliced – ¼ cup
- Garlic, minced – 1 clove
- Bay leaves – 2 small leaves
- Olive oil – 1 tsp
- Salt – ¼ tsp

For serving:

- Cooked rice – 1 cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Procedure:

- 1.** Preheat oven to 375°F. Mash lentils in a bowl until partially broken down but still textured.
- 2.** Add walnuts, breadcrumbs, minced onion, garlic, cumin, paprika, and salt. Mix until cohesive. Form into 12 small balls (about 1 tbsp each).
- 3.** Heat 2 tsp olive oil in an oven-safe skillet. Brown meatballs in batches for 2 minutes per side. Remove and set aside.
- 4.** In same skillet, heat 1 tsp oil. Sauté sliced onion for 2 minutes. Add garlic and cook 30 seconds.
- 5.** Stir in diced tomato, vegetable broth, bay leaves, and salt. Bring the mixture to a gentle simmer.
- 6.** Return all meatballs to skillet, cover, and bake for 15 minutes. Uncover and bake 5 more minutes.
- 7.** Serve ½ cup rice per person with: 6 meatballs, 1 cup broth, 1 tbsp cilantro, 2 lime wedges.

Nutritional Info:

Calories: 420 | Fats (g): 18 | Carbs (g): 55 | Protein (g): 16



JACKFRUIT BIRRIA TACOS WITH CONSOMÉ

Prep Time: 25 min | **Cooking Time:** 40 min | **Servings:** 2 individuals

Ingredients Required:

For the birria marinade:

- Dried guajillo chiles – 4 peppers
- Dried ancho chiles – 2 peppers
- Roma tomatoes, quartered – 1 cup
- White onion, chopped – ½ cup
- Garlic cloves – 4 cloves
- Apple cider vinegar – 2 tbsp
- Ground cumin – 1 tsp
- Dried oregano – ½ tsp
- Ground cloves – 2 pinches
- Cinnamon stick – 1 inch
- Vegetable broth – 1½ cups

For the filling:

- Young green jackfruit (in brine), drained – 2 cups
- Olive oil – 2 tsp

For serving:

- Corn tortillas (6-inch) – 6 tortillas
- White onion, finely diced – ¼ cup
- Fresh cilantro, chopped – 4 tbsp
- Lime wedges – 4 wedges
- Vegan cheese (optional) – ¼ cup

Procedure:

1. Remove stems and seeds from dried chiles. Toast in dry skillet for 30 seconds per side. Soak in hot water for 10 minutes.
2. In blender, combine soaked chiles, tomatoes, onion, garlic, vinegar, spices, and 1 cup broth. Blend until smooth. Strain through sieve.
3. Heat olive oil in large skillet over medium heat. Shred jackfruit with forks and cook for 5 minutes. Add 1 cup birria sauce and simmer for 10 minutes.
4. In small pot, heat remaining sauce with ½ cup broth to make consommé. Keep warm.
5. Briefly dip each tortilla in the consommé, then cook tortillas in batches over medium heat for about 1 minute per side until soft and pliable.
6. Fill tortillas with jackfruit mixture (about ⅓ cup per taco). Fold and cook 1 more minute per side until crisp.
7. Serve 3 tacos per person with: ½ cup consommé for dipping, 2 tbsp diced onion, 2 tbsp cilantro, 2 lime wedges, 2 tbsp vegan cheese (if using).

Nutritional Info:

Calories: 380 | Fats (g): 8 | Carbs (g): 72 | Protein (g): 9



CHILES EN NOGADA (WALNUT SAUCE & POMEGRANATE)

Prep Time: 30 min | **Cooking Time:** 25 min | **Servings:** 2 individuals

Ingredients Required:

For the stuffed chiles:

- Poblano peppers – 4 medium (about 4 oz each)
- Olive oil – 1 tsp

For the picadillo filling:

- Textured vegetable protein (TVP) – ½ cup (rehydrated)
- Apple, diced – ½ cup
- Plantain, diced – ½ cup
- White onion, diced – ¼ cup
- Garlic, minced – 1 clove
- Olive oil – 2 tsp
- Raisins – 2 tbsp
- Almonds, chopped – 2 tbsp
- Ground cinnamon – ¼ tsp
- Cloves – 2 pinches
- Salt – ¼ tsp

For the nogada sauce:

- Walnuts, soaked 2 hours – ½ cup
- Unsweetened almond milk – ½ cup
- Vegan cream cheese – 2 tbsp
- Agave syrup – 1 tsp
- Salt – 2 pinches

For garnish:

- Pomegranate seeds – ¼ cup
- Fresh parsley, chopped – 2 tsp

Procedure:

1. Char poblano peppers over open flame until blackened. Place in sealed container to steam for 10 minutes, then peel and make lengthwise slit to remove seeds.
2. Heat 2 tsp olive oil in skillet. Sauté onion and garlic for 2 minutes. Add TVP, apple, and plantain. Cook for 5 minutes.
3. Stir in raisins, almonds, cinnamon, cloves, and salt. Cook for 2 more minutes. Stuff peppers with mixture (about ½ cup per pepper).
4. In a blender, combine all nogada sauce ingredients and blend until completely smooth. Chill the sauce in the refrigerator for at least 15 minutes to let the flavors meld.
5. Arrange 2 stuffed peppers on each serving plate. Generously drizzle about ¼ cup of the chilled nogada sauce over the peppers.
6. Garnish each serving with: 2 tbsp pomegranate seeds, 1 tsp parsley.

Nutritional Info:

Calories: 420 | Fats (g): 22 | Carbs (g): 48 | Protein (g): 14



MEXICAN LASAGNA WITH CORN TORTILLAS & LENTILS

Prep Time: 20 min | **Cooking Time:** 30 min | **Servings:** 2 individuals

Ingredients Required:

For the lentil filling:

- Cooked brown lentils – 1 cup
- Tomato, diced – 1 cup
- White onion, diced – ½ cup
- Garlic, minced – 2 cloves
- Olive oil – 2 tsp
- Ground cumin – 1 tsp
- Chili powder – ½ tsp
- Salt – ½ tsp

For the layers:

- Corn tortillas (6-inch) – 6 tortillas
- Black beans, cooked – ½ cup
- Corn kernels – ½ cup
- Vegan cheese, shredded – ½ cup
- Red bell pepper, diced – ½ cup

For the topping:

- Avocado, sliced – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Procedure:

- 1.** Preheat oven to 375°F. Heat olive oil in a medium skillet over medium heat. Sauté onion and garlic for 2 minutes until fragrant.
- 2.** Add diced tomato, lentils, cumin, chili powder, and salt. Cook for 5 minutes until thickened. Mash slightly with a fork.
- 3.** In an 8x8-inch baking dish, layer ingredients in this order: 1 tortilla → ½ cup lentil mixture → ¼ cup black beans → ¼ cup corn → ¼ cup bell pepper → 2 tbsp cheese
- 4.** Repeat layers, ending with a tortilla and remaining cheese on top.
- 5.** Cover with foil and bake for 20 minutes. Uncover and bake 5 more minutes until cheese melts.
- 6.** Let the dish rest for 5 minutes before slicing. Serve each portion topped with ¼ cup avocado slices, 1 tbsp chopped cilantro, and 2 lime wedges.

Nutritional Info:

Calories: 480 | Fats (g): 18 | Carbs (g): 68 | Protein (g): 20



GRILLED PORTOBELLO & PINEAPPLE AL PASTOR

Prep Time: 20 min (plus 30 min marinating) | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the marinade:

- Dried guajillo chiles, stemmed/seeded – 4 peppers
- Pineapple juice – ½ cup
- White vinegar – 2 tbsp
- Garlic, minced – 2 cloves
- Achiote paste – 1 tsp
- Ground cumin – ½ tsp
- Dried oregano – ½ tsp
- Salt – ½ tsp

For the filling:

- Portobello mushroom caps, sliced – 2 large (about 2 cups)
- Pineapple, sliced – 1 cup
- Red onion, sliced – ½ cup
- Olive oil – 2 tsp

For serving:

- Corn tortillas (6-inch) – 6 tortillas
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges
- Vegan crema – 2 tbsp

Procedure:

1. Soak guajillo chiles in hot water for 10 minutes. Drain and blend with all marinade ingredients until smooth.
2. Toss mushroom slices with ¼ cup marinade. Marinate 30 minutes at room temperature.
3. Preheat grill or grill pan to medium-high heat. Lightly brush pineapple slices and onion rings with olive oil.
4. Grill mushrooms for 3–4 minutes per side until tender. Grill pineapple and onion for 2–3 minutes per side (work in batches if needed).
5. Chop grilled ingredients into bite-sized pieces. Toss with remaining marinade.
6. Warm tortillas on grill for 30 seconds per side (do in batches).
7. Serve al pastor mixture in tortillas (about ½ cup per 3 tortillas) with: 1 tbsp cilantro, 2 lime wedges, 1 tbsp vegan crema.

Nutritional Info:

Calories: 320 | Fats (g): 8 | Carbs (g): 58 | Protein (g): 9



MENUDO (MUSHROOM & HOMINY STEW)

Prep Time: 15 min | **Cooking Time:** 40 min | **Servings:** 2 individuals

Ingredients Required:

For the broth:

- Dried guajillo chiles – 4 peppers
- Dried ancho chiles – 2 peppers
- Garlic cloves – 4 cloves
- White onion, quartered – 1/2 cup
- Vegetable broth – 4 cups
- Bay leaves – 2 leaves
- Dried oregano – 1 tsp
- Ground cumin – 1/2 tsp
- Salt – 1 tsp

For the stew:

- Cremini mushrooms, sliced – 2 cups
- Hominy, drained – 1 cup
- Olive oil – 2 tsp
- Lime wedges – 4 wedges

For garnish:

- Radishes, sliced – 1/4 cup
- Fresh cilantro, chopped – 2 tbsp
- Oregano leaves – 1 tsp

Procedure:

1. Remove stems and seeds from dried chiles. Toast in dry skillet for 30 seconds per side. Soak in hot water for 10 minutes.
2. In blender, combine soaked chiles, garlic, onion, and 1 cup broth. Blend until smooth. Strain through fine mesh sieve.
3. Heat olive oil in medium pot over medium heat. Add mushrooms and cook for 5 minutes until browned.
4. Pour in the strained chile mixture along with the remaining broth. Add bay leaves, oregano, cumin, and salt. Bring to a gentle simmer.
5. Stir in hominy. Reduce heat to low, cover, and cook for 30 minutes.
6. Remove and discard the bay leaves. Serve the stew hot in two bowls, garnished with 2 lime wedges, 2 tablespoons sliced radishes, 1 tablespoon chopped cilantro, and a sprinkle of 1/2 teaspoon dried oregano leaves per bowl.

Nutritional Info:

Calories: 220 | Fats (g): 6 | Carbs (g): 38 | Protein (g): 8



CHIPOTLE BUTTERNUT SQUASH & BLACK BEAN STEW

Prep Time: 15 min | **Cooking Time:** 30 min | **Servings:** 2 individuals

Ingredients Required:

For the stew base:

- Butternut squash, peeled and diced – 2 cups
- Black beans, cooked – 1 cup
- Tomato, diced – 1 cup
- White onion, diced – ½ cup
- Garlic, minced – 2 cloves
- Olive oil – 2 tsp
- Vegetable broth – 2 cups

For seasoning:

- Chipotle pepper in adobo, minced – 1 tsp
- Ground cumin – 1 tsp
- Smoked paprika – ½ tsp
- Dried oregano – ½ tsp
- Salt – ½ tsp

For garnish:

- Avocado, diced – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Procedure:

1. Heat olive oil in a medium pot over medium heat. Add finely chopped onion and minced garlic, sautéing gently for 2 minutes until aromatic and translucent.
2. Incorporate diced butternut squash, chipotle, ground cumin, smoked paprika, dried oregano, and salt. Cook, stirring constantly, for 3 minutes to toast the spices and develop depth of flavor.
3. Pour in the vegetable broth and bring the mixture to a rolling boil. Reduce the heat to low, cover, and let simmer gently for 20 minutes to soften the squash.
4. Stir in black beans and diced tomatoes, uncover the pot, and continue simmering for an additional 5 minutes until the squash is tender and the broth has slightly thickened.
5. Ladle the stew into bowls and garnish with ripe avocado slices and freshly chopped cilantro. Serve immediately with lime wedges on the side for a bright, zesty finish.

Nutritional Info:

Calories: 320 | Fats (g): 12 | Carbs (g): 52 | Protein (g): 12



"PORK" VERDE (SOY CURLS IN TOMATILLO SAUCE)

Prep Time: 15 min | Cooking Time: 25 min | Servings: 2 individuals

Ingredients Required:

For the verde sauce:

- Tomatillos (husked) – 1 cup, chopped
- Jalapeño, seeded – 1 pepper
- White onion, chopped – ½ cup
- Garlic cloves – 4 cloves
- Vegetable broth – ½ cup
- Cilantro, chopped – 4 tbsp
- Lime juice – 2 tsp
- Salt – ½ tsp

For the soy curls:

- Soy curls – 1 cup (dry)
- Olive oil – 2 tsp
- Ground cumin – ½ tsp
- Mexican oregano – ½ tsp

For serving:

- Warm corn tortillas – 6 tortillas
- Radishes, sliced – 4 tbsp
- Avocado slices – ½ cup

Procedure:

1. Soak soy curls in hot water for 10 minutes. Drain and squeeze out excess water.
2. Broil tomatillos, jalapeño, onion, and garlic on baking sheet for 8 minutes until charred.
3. Blend charred vegetables with broth, cilantro, lime juice, and salt until smooth.
4. Heat oil in skillet over medium. Add soy curls, cumin, and oregano. Cook for 5 minutes until browned.
5. Pour verde sauce over soy curls. Simmer for 10 minutes until thickened.
6. Serve with tortillas, radishes, and avocado.

Nutritional Info:

Calories: 380 | Fats (g): 14 | Carbs (g): 42 | Protein (g): 22



ZUCCHINI WITH MEXICAN RICE & BEANS

Prep Time: 20 min | **Cooking Time:** 30 min | **Servings:** 2 individuals

Ingredients Required:

For the zucchini boats:

- Medium zucchini – 16 oz (2 medium zucchinis)
- Olive oil – 1 tsp
- Salt – ¼ tsp

For the filling:

- Cooked brown rice – 1 cup
- Black beans, cooked – ½ cup
- Tomato, diced – ½ cup
- Corn kernels – ¼ cup
- White onion, diced – ¼ cup
- Garlic, minced – 1 clove
- Olive oil – 1 tsp
- Ground cumin – ½ tsp
- Chili powder – ½ tsp
- Salt – ¼ tsp

For topping:

- Vegan cheese, shredded – ¼ cup
- Fresh cilantro, chopped – 2 tbsp

Procedure:

- 1.** Preheat oven to 375°F. Cut zucchinis in half lengthwise and scoop out centers to create boats, leaving ¼-inch thick shells. Brush with 1 tsp olive oil and sprinkle with salt.
- 2.** Heat 1 tsp olive oil in a skillet over medium heat. Sauté onion and garlic for 2 minutes until fragrant.
- 3.** Add tomato, corn, black beans, rice, cumin, chili powder, and salt. Cook for 3 minutes until heated through.
- 4.** Fill zucchini boats with rice mixture. Top with vegan cheese.
- 5.** Bake for 25–30 minutes until zucchini is tender and cheese is melted.
- 6.** Garnish with cilantro before serving.

Nutritional Info:

Calories: 320 | Fats (g): 10 | Carbs (g): 50 | Protein (g): 12



OYSTER MUSHROOM "CECINA" TACOS

Prep Time: 15 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the mushroom cecina:

- Oyster mushrooms, shredded – 2 cups
- Olive oil – 2 tbsp
- Garlic, minced – 2 cloves
- Smoked paprika – 1 tsp
- Dried oregano – ½ tsp
- Ground cumin – ½ tsp
- Salt – ½ tsp
- Lime juice – 2 tsp

For the salsa verde:

- Tomatillos, husked – 4 (about 1 cup)
- Jalapeño, seeded – 1 pepper
- White onion, chopped – ¼ cup
- Garlic clove – 2 cloves
- Cilantro, chopped – 2 tbsp
- Salt – ¼ tsp

For serving:

- Corn tortillas (6-inch) – 6 tortillas
- Avocado slices – ½ cup
- Radishes, sliced – ¼ cup
- Lime wedges – 4 wedges

Procedure:

1. Preheat oven to 400°F. Toss shredded mushrooms with 4 tsp olive oil, garlic, paprika, oregano, cumin, and salt. Spread on baking sheet.
2. Roast mushrooms for 15 minutes until crisp at edges, stirring once. Drizzle with lime juice.
3. Meanwhile, broil tomatillos, jalapeño, onion, and garlic for 8 minutes until charred. Blend with cilantro and salt until smooth.
4. Heat remaining 2 tsp oil in skillet. Warm tortillas for 30 seconds per side.
5. Assemble tacos with mushrooms, salsa verde, avocado, and radishes. Serve with lime wedges.

Nutritional Info:

Calories: 350 | Fats (g): 18 | Carbs (g): 42 | Protein (g): 8



COCHINITA PIBIL (JACKFRUIT IN ACHIOTE)

Prep Time: 15 min (plus 1 hour marinating) | **Cooking Time:** 35 min | **Servings:** 2 individuals

Ingredients Required:

For the marinade:

- Achiote paste – 2 tbsp
- Orange juice – ½ cup
- Lime juice – 2 tbsp
- Garlic, minced – 2 cloves
- Ground cumin – ½ tsp
- Dried oregano – ½ tsp
- Salt – ½ tsp

For the filling:

- Young green jackfruit (in brine), drained – 3 cups
- Banana leaf (or parchment paper) – 12x24 inch piece (or two 12x12 inch pieces)

For serving:

- Corn tortillas (6-inch) – 6 tortillas
- Pickled red onion – ½ cup
- Habanero salsa – 2 tbsp
- Fresh cilantro, chopped – 2 tbsp

Procedure:

1. Whisk all marinade ingredients together until smooth. Shred the jackfruit using forks and toss it with the marinade. Refrigerate for 1 hour..
2. Preheat oven to 375°F. Line medium baking dish with banana leaf (or parchment). Add marinated jackfruit and fold leaf to enclose.
3. Cover dish with foil and bake for 30 minutes. Uncover and bake 5 more minutes.
4. Warm tortillas in dry skillet for 30 seconds per side.
5. Further shred the jackfruit with forks. Serve in tortillas topped with pickled onion, habanero salsa, and fresh cilantro.

Nutritional Info:

Calories: 320 | Fats (g): 4 | Carbs (g): 68 | Protein (g): 6



CHARRED CORN & POBLANO PASTA

Prep Time: 15 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the pasta:

- Fettuccine or similar pasta – 4 oz
- Salt – 1 tsp (for pasta water)

For the sauce:

- Poblano pepper – 1 large (about ½ cup diced)
- Corn kernels – 1 cup
- Garlic, minced – 2 cloves
- Olive oil – 2 tbsp
- Vegan cream cheese – 4 tbsp
- Lime juice – 2 tsp
- Smoked paprika – ½ tsp
- Salt – ¼ tsp

For garnish:

- Fresh cilantro, chopped – 2 tbsp
- Vegan parmesan – 2 tbsp

Procedure:

1. Cook pasta in boiling salted water according to package directions. Reserve ½ cup pasta water before draining.
2. Char poblano directly over flame or under broiler until blackened. Place in bowl, cover, and steam for 10 minutes. Peel, seed, and dice.
3. Heat olive oil in skillet over medium-high. Add corn and cook undisturbed for 2 minutes to char. Stir and cook 2 more minutes.
4. Add garlic and diced poblano. Cook for 1 minute until fragrant.
5. Reduce heat to low. Stir in cream cheese, lime juice, smoked paprika, and salt. Add reserved pasta water 1 tbsp at a time until saucy.
6. Toss with drained pasta. Garnish with cilantro and vegan parmesan.

Nutritional Info:

Calories: 420 | Fats (g): 16 | Carbs (g): 62 | Protein (g): 12



SMOKY LENTIL & POTATO GORDITAS

Prep Time: 20 min | **Cooking Time:** 25 min | **Servings:** 2 individuals

Ingredients Required:

For the masa dough:

- Masa harina – 1 cup
- Warm water – $\frac{2}{3}$ cup
- Olive oil – 2 tsp
- Salt – $\frac{1}{4}$ tsp

For the filling:

- Cooked brown lentils – 1 cup
- Yukon gold potato, diced – 1 cup
- White onion, diced – $\frac{1}{4}$ cup
- Garlic, minced – 2 cloves
- Chipotle in adobo, minced – 1 tsp
- Ground cumin – $\frac{1}{2}$ tsp
- Olive oil – 2 tsp
- Salt – $\frac{1}{4}$ tsp

For serving:

- Shredded lettuce – $\frac{1}{2}$ cup
- Vegan crema – 2 tbsp
- Crumbled vegan queso fresco – 2 tbsp

Procedure:

1. Boil the potato in salted water until tender, about 10 minutes. Drain and set aside.
2. Heat 2 teaspoons of olive oil in a skillet over medium heat. Sauté the onion and garlic for 2 minutes, until fragrant. Add the lentils, cooked potato, chipotle, and cumin. Lightly mash the mixture and cook for another 3 minutes. Season with salt to taste.
3. Prepare the dough by mixing masa harina, water, 2 teaspoons of oil, and a pinch of salt until a soft dough forms. Divide into 4 equal balls.
4. Flatten each ball between two sheets of plastic (or parchment) to form 4-inch circles.
5. Cook the dough rounds on a dry skillet over medium heat for 3 minutes per side, until lightly puffed and golden.
6. Slit open and stuff with lentil-potato mixture. Top with lettuce, crema, and queso fresco.

Nutritional Info:

Calories: 420 | Fats (g): 10 | Carbs (g): 72 | Protein (g): 16



"BEEF" BIRRIA QUESATACOS

Prep Time: 20 min | **Cooking Time:** 30 min | **Servings:** 2 individuals

Ingredients Required:

For the birria "beef":

- Textured vegetable protein (TVP) – 1 cup (dry)
- Vegetable broth – 1 cup (for rehydrating)
- Olive oil – 2 tsp

For the birria sauce:

- Dried guajillo chiles – 4 peppers
- Dried ancho chile – 2 peppers
- Roma tomato, quartered – 1 cup
- White onion, chopped – ½ cup
- Garlic cloves – 4 cloves
- Apple cider vinegar – 2 tbsp
- Ground cumin – 1 tsp
- Mexican oregano – ½ tsp
- Cloves – 2 cloves
- Cinnamon stick – 1 inch
- Vegetable broth – 1½ cups (divided)

For assembly:

- Corn tortillas (6-inch) – 6 tortillas
- Vegan mozzarella, shredded – ½ cup
- White onion, finely diced – ¼ cup
- Cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Procedure:

1. Rehydrate TVP in 1 cup warm broth for 10 minutes. Drain and squeeze out excess liquid.
2. Remove stems/seeds from chiles. Toast in dry skillet for 30 seconds per side. Soak in hot water for 10 minutes.
3. Blend the sauce: combine the soaked chiles, tomato, onion, garlic, vinegar, spices, and 1 cup of broth in a blender. Blend until smooth, then strain through a fine-mesh sieve for a silky consistency.
4. Heat 2 tsp oil in skillet. Cook TVP for 5 minutes until browned. Add 1 cup birria sauce and simmer for 5 minutes.
5. Dip each tortilla in remaining sauce. Heat clean skillet over medium. Place tortilla, add cheese and "beef." Fold and cook for 2 minutes per side until crispy.
6. Serve with consommé (remaining sauce warmed with ½ cup broth), onion, cilantro, and lime.

Nutritional Info:

Calories: 450 | Fats (g): 12 | Carbs (g): 62 | Protein (g): 24



ACORN SQUASH STUFFED WITH PIPIÁN SAUCE

Prep Time: 20 min | **Cooking Time:** 45 min | **Servings:** 2 individuals

Ingredients Required:

For the squash:

- Acorn squash, halved and seeded – 2 small (about 10 oz each whole)
- Olive oil – 1 tsp
- Salt – ¼ tsp

For the pipián sauce:

- Pumpkin seeds – 4 tbsp
- Sesame seeds – 2 tbsp
- Tomatillos, husked – 4 (about 1 cup)
- Garlic clove – 2 cloves
- Jalapeño, seeded – 1 pepper
- Vegetable broth – ½ cup
- Fresh cilantro – 2 tbsp
- Ground cumin – ½ tsp
- Salt – ¼ tsp

For the filling:

- Black beans, cooked – ½ cup
- Corn kernels – ¼ cup
- Red bell pepper, diced – ¼ cup

Procedure:

- 1.** Preheat oven to 400°F. Brush squash halves with olive oil and sprinkle with salt. Roast cut-side down for 25 minutes.
- 2.** Toast pumpkin and sesame seeds in dry skillet over medium heat for 3 minutes until fragrant. Transfer to a bowl and set aside.
- 3.** Broil tomatillos, garlic, and jalapeño for 8 minutes until charred.
- 4.** Blend toasted seeds with charred vegetables, broth, cilantro, cumin, and salt until smooth.
- 5.** Combine the black beans, corn, and bell pepper with ¼ cup of the pipián sauce. Stuff the squash cavities with the mixture.
- 6.** Return to oven for 15 minutes. Drizzle with remaining sauce before serving.

Nutritional Info:

Calories: 380 | Fats (g): 14 | Carbs (g): 58 | Protein (g): 14



CAMARONES AL AJILLO (HEARTS OF PALM "SHRIMP")

Prep Time: 15 min | Cooking Time: 10 min | Servings: 2 individuals

Ingredients Required:

For the "shrimp":

- Hearts of palm (canned), cut into 1-inch pieces – 1½ cups
- Nori sheet, torn into small pieces – 2 tbsp
- Old Bay seasoning – 1 tsp
- Olive oil – 2 tsp

For the ajillo sauce:

- Garlic, minced – 6 cloves
- Olive oil – 2 tbsp
- Dried arbol chile – 2 (optional)
- Smoked paprika – ½ tsp
- Lemon juice – 2 tbsp
- Fresh parsley, chopped – 2 tbsp
- Salt – ¼ tsp

For serving:

- Cooked rice – 1 cup
- Lime wedges – 4 wedges

Procedure:

1. Toss the hearts of palm with nori pieces and Old Bay seasoning until evenly coated.
2. Heat 2 tsp olive oil in skillet over medium-high. Cook "shrimp" for 3 minutes per side until lightly browned. Remove and set aside.
3. In the same skillet, heat 2 tbsp olive oil. Add garlic and whole arbol chiles (if using). Cook 1 minute until fragrant but not browned.
4. Stir in smoked paprika, lemon juice, and salt. Return "shrimp" to pan and toss to coat.
5. Remove the arbol chiles. Sprinkle with parsley and serve over rice with lime wedges.

Nutritional Info:

Calories: 320 | Fats (g): 16 | Carbs (g): 40 | Protein (g): 6



HUITLACOCHÉ (CORN TRUFFLE) TACOS

Prep Time: 15 min | Cooking Time: 20 min | Servings: 2 individuals

Ingredients Required:

For the huitlacoche filling:

- Huitlacoche (corn truffle), chopped – 1 cup
- White onion, finely diced – ½ cup
- Garlic, minced – 2 cloves
- Roma tomato, diced – ½ cup
- Jalapeño, seeded and minced – 2 tsp
- Extra virgin olive oil – 2 tbsp
- Ground cumin – ½ tsp
- Dried oregano – ½ tsp
- Sea salt – ½ tsp
- Black pepper – 2 pinches
- Fresh cilantro, chopped – 2 tbsp

For the tacos:

- Corn tortillas (6-inch) – 4 tortillas
- Avocado, sliced – ½ cup
- Lime wedges – 4 wedges
- Vegan queso fresco (or crumbled tofu) – 4 tbsp (optional)

Procedure:

1. Heat olive oil in a skillet over medium heat. Add the diced onion and sauté for 3–4 minutes until translucent. Stir in the minced garlic and jalapeño, cooking for another minute until fragrant.
2. Add the chopped huitlacoche, diced tomato, cumin, oregano, salt, and black pepper. Stir well to combine. Reduce heat to medium-low and simmer for 8–10 minutes, stirring occasionally, until the mixture thickens and the flavors meld.
3. While the filling cooks, warm the corn tortillas in a dry skillet over medium heat for 30 seconds per side, or until pliable and lightly toasted. Keep them wrapped in a clean kitchen towel to stay warm.
4. Once the huitlacoche mixture is ready, stir in the fresh cilantro. Taste and adjust seasoning if needed.
5. Assemble the tacos by dividing the huitlacoche filling evenly between the four tortillas. Top with avocado slices, a sprinkle of vegan queso fresco (or crumbled tofu), and a squeeze of lime juice. Serve immediately.

Nutritional Info:

Calories: 320 | Fats (g): 18 | Carbs (g): 36 | Protein (g): 8



VEGAN SOPES WITH REFRIED BEANS & CASHEW CREMA

Prep Time: 20 min | Cooking Time: 25 min | Servings: 2 individuals

Ingredients Required:

For the sopes dough:

- Masa harina – 1 cup
- Warm water – $\frac{2}{3}$ cup
- Sea salt – $\frac{1}{2}$ tsp
- Vegetable oil – 2 tsp

For the refried beans:

- Cooked pinto beans (or canned, drained) – 1 cup
- White onion, finely diced – $\frac{1}{4}$ cup
- Garlic, minced – 2 cloves
- Vegetable oil – 2 tsp
- Ground cumin – $\frac{1}{2}$ tsp
- Smoked paprika – $\frac{1}{2}$ tsp
- Sea salt – $\frac{1}{2}$ tsp
- Black pepper – 2 pinches

For the cashew crema:

- Raw cashews, soaked 2 hours (or boiled 15 min) – $\frac{1}{2}$ cup
- Water – $\frac{1}{4}$ cup
- Lime juice – 2 tsp
- Sea salt – $\frac{1}{4}$ tsp

For topping:

- Shredded lettuce – $\frac{1}{2}$ cup
- Tomato, diced – $\frac{1}{2}$ cup
- Avocado, sliced – $\frac{1}{4}$ cup
- Pickled jalapeños, sliced – 2 tsp (optional)
- Fresh cilantro, chopped – 2 tsp

Procedure:

1. In a bowl, mix masa harina, warm water, and salt until a soft dough forms. Knead for 1–2 minutes until smooth. Cover and rest for 10 minutes.
2. Divide dough into 4 equal balls. Press each into a $\frac{1}{2}$ -inch thick round (about 3-inch diameter). Pinch edges to form a slight rim.
3. Heat a skillet over medium heat. Lightly brush with oil and cook sopes for 3–4 minutes per side until golden and firm. Set aside.
4. For the beans, heat oil in a small pan over medium heat. Sauté onion and garlic for 2–3 minutes until soft. Add beans, cumin, paprika, salt, and pepper. Mash with a fork or potato masher, cooking for 5 minutes until thickened. Add a splash of water if it's too dry.
5. For the crema, blend soaked cashews, water, lime juice, and salt until completely smooth. Adjust consistency with more water if needed.
6. Assemble sopes by spreading a layer of refried beans on each base. Top with lettuce, tomato, avocado, jalapeños (if using), and a drizzle of cashew crema. Garnish with cilantro.

Nutritional Info:

Calories: 420 | Fats (g): 18 | Carbs (g): 55 | Protein (g): 14



CHIPOTLE-LIME GRILLED TOFU WITH RAJAS

Prep Time: 15 min (plus 30 min marinating) | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the chipotle-lime tofu:

- Extra-firm tofu, pressed and sliced into 1/2-inch thick planks – 8 oz (about 1 cup sliced)
- Lime juice – 2 tbsp
- Chipotle pepper in adobo sauce, minced – 2 tsp
- Garlic, minced – 2 cloves
- Olive oil – 2 tbsp
- Maple syrup – 1 tsp
- Ground cumin – 1/2 tsp
- Sea salt – 1/2 tsp

For the rajas:

- Poblano pepper, roasted, peeled, and sliced into strips – 1 cup
- White onion, sliced – 1/2 cup
- Corn kernels (fresh or frozen) – 1/2 cup
- Olive oil – 2 tsp
- Garlic, minced – 2 cloves
- Dried oregano – 1/2 tsp
- Sea salt – 1/2 tsp

For serving:

- Warm corn tortillas – 4 tortillas
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Procedure:

- 1.** Whisk together lime juice, chipotle pepper, garlic, olive oil, maple syrup, cumin, and salt in a shallow dish. Add tofu slices, turning to coat evenly. Marinate for 30 minutes at room temperature, flipping once.
- 2.** Preheat a grill pan or skillet over medium-high heat. Remove the tofu from the marinade (reserving the marinade) and grill for 4–5 minutes per side, until nicely charred. Brush with the reserved marinade as it cooks for added flavor.
- 3.** Make the rajas: in a separate skillet, heat the oil over medium heat. Sauté the onion for about 3 minutes, until softened. Add the garlic, poblano strips, corn, oregano, and salt. Cook for 5–6 minutes, stirring occasionally, until the vegetables are tender and fragrant.
- 4.** Warm tortillas in a dry skillet for 30 seconds per side. Serve tofu with rajas, garnished with cilantro and lime wedges alongside tortillas.

Nutritional Info:

Calories: 380 | Fats (g): 18 | Carbs (g): 42 | Protein (g): 16



"CHORIZO" & POTATO STUFFED PEPPERS

Prep Time: 20 min | **Cooking Time:** 35 min | **Servings:** 2 individuals

Ingredients Required:

For the stuffed peppers:

- Bell peppers (any color), halved lengthwise, seeds removed – 2 medium (about 2 cups when halved)
- Olive oil – 2 tsp

For the filling:

- Yukon gold potato, diced – 1 cup
- Vegan chorizo (store-bought or homemade) – ½ cup
- White onion, diced – ½ cup
- Garlic, minced – 2 cloves
- Tomato, diced – ½ cup
- Olive oil – 2 tbsp
- Ground cumin – ½ tsp
- Smoked paprika – ½ tsp
- Dried oregano – ½ tsp
- Sea salt – ½ tsp
- Black pepper – 2 pinches

For garnish:

- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Nutritional Info:

Calories: 320 | Fats (g): 14 | Carbs (g): 42
Protein (g): 12

Procedure:

1. Preheat oven to 375°F. Brush pepper halves with 2 tsp olive oil and place cut-side down on a baking sheet. Roast for 15 minutes while preparing filling.
2. Boil diced potato in salted water for 8–10 minutes until just tender. Drain and set aside.
3. Heat 2 tbsp olive oil in a skillet over medium heat. Sauté onion for 3 minutes until translucent. Add garlic, cumin, paprika, and oregano, stirring for 30 seconds until fragrant.
4. Add the vegan chorizo — for homemade, crumble ½ cup firm tofu or tempeh and mix with 1 teaspoon each of chili powder, smoked paprika, garlic powder, ½ teaspoon cumin, 2 teaspoons apple cider vinegar, and 1 teaspoon olive oil. Break apart the chorizo with a spoon and cook for 3 minutes until lightly browned. Stir in the diced tomato and cooked potatoes. Season with salt and pepper, and cook for 2 more minutes until heated through.
5. Flip roasted pepper halves cut-side up. Divide filling evenly between halves. Return to oven for 10–12 minutes until peppers are tender and filling is lightly crisped on top.
6. Garnish with cilantro and serve with lime wedges.



CAULIFLOWER & WALNUT "PICADILLO" TOSTADAS

Prep Time: 15 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the picadillo:

- Cauliflower florets, finely chopped – 1½ cups
- Walnuts, finely chopped – ½ cup
- White onion, diced – ½ cup
- Garlic, minced – 2 cloves
- Tomato, diced – ½ cup
- Green olives, sliced – 2 tbsp
- Raisins – 2 tbsp
- Olive oil – 2 tbsp
- Ground cumin – 1 tsp
- Dried oregano – ½ tsp
- Smoked paprika – ½ tsp
- Ground cinnamon – ¼ tsp
- Sea salt – ½ tsp
- Black pepper – 2 pinches

For assembly:

- Corn tostadas – 4 tostadas
- Refried beans (canned or homemade) – ½ cup
- Avocado, sliced – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Nutritional Info:

Calories: 420 | Fats (g): 28 | Carbs (g): 38 | Protein (g): 10

Procedure:

1. Heat olive oil in a skillet over medium heat. Sauté onion for 3 minutes until translucent. Add garlic, cumin, oregano, paprika, and cinnamon, stirring for 30 seconds until fragrant.
2. Add chopped cauliflower and walnuts. Cook for 5–6 minutes, stirring frequently, until cauliflower begins to soften.
3. Stir in diced tomato, olives, raisins, salt, and pepper. Reduce heat to medium-low and cook for 5 more minutes until flavors meld and mixture resembles traditional picadillo texture.
4. Warm refried beans in a small saucepan with 2 tbsp water, stirring until smooth.
5. Spread ¼ cup refried beans on each tostada. Top with picadillo mixture, avocado slices, and cilantro. Serve with lime wedges.



DISCADA (MIXED SOY & VEGGIE STIR-FRY)

Prep Time: 15 min | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the stir-fry:

- Soy curls (or textured vegetable protein), rehydrated – 1 cup
- Button mushrooms, sliced – ½ cup
- Red bell pepper, diced – ½ cup
- White onion, sliced – ½ cup
- Jalapeño, seeded and minced – 2 tsp
- Garlic, minced – 2 cloves
- Olive oil – 2 tbsp
- Soy sauce – 2 tbsp
- Lime juice – 2 tsp
- Ground cumin – 1 tsp
- Smoked paprika – ½ tsp
- Dried oregano – ½ tsp
- Black pepper – 2 pinches

For serving:

- Warm corn tortillas – 4 tortillas
- Avocado slices – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Procedure:

1. Soak soy curls in warm water for 10 minutes. Drain and squeeze out excess liquid.
2. Heat olive oil in a cast-iron skillet or wok over high heat. Add sliced onion and mushrooms, stir-frying for 3 minutes until lightly browned.
3. Add bell pepper, jalapeño, and garlic. Cook for 2 minutes, stirring constantly.
4. Push the vegetables to one side of the skillet. Add the soy curls to the empty space and sear undisturbed for 1 minute. Stir to combine with the vegetables.
5. Add soy sauce, lime juice, cumin, paprika, oregano, and black pepper. Cook for 3–4 minutes until soy curls develop a slightly crispy texture.
6. Serve immediately with warm tortillas, garnished with avocado, cilantro, and lime wedges.

Nutritional Info:

Calories: 380 | Fats (g): 18 | Carbs (g): 38 | Protein (g): 22



PUMPKIN SEED & SPINACH ENMOLADAS

Prep Time: 20 min | **Cooking Time:** 25 min | **Servings:** 2 individuals

Ingredients Required:

For the mole sauce:

- Raw pumpkin seeds – ½ cup
- Dried ancho chili, stemmed and seeded – 1 pepper
- Tomato, diced – ½ cup
- White onion, diced – ¼ cup
- Garlic, minced – 2 cloves
- Vegetable oil – 2 tsp
- Ground cinnamon – ¼ tsp
- Ground cloves – 2 pinches
- Sea salt – ½ tsp
- Water – 1 cup

For the filling:

- Fresh spinach, chopped – 2 cups
- White onion, diced – ¼ cup
- Garlic, minced – 1 clove
- Vegetable oil – 2 tsp
- Sea salt – ¼ tsp

For assembly:

- Corn tortillas – 6 small tortillas
- Vegan queso fresco (or crumbled tofu) – ¼ cup
- Toasted pumpkin seeds – 2 tsp
- Fresh cilantro, chopped – 2 tbsp

Procedure:

1. Toast the pumpkin seeds in a dry skillet over medium heat for 3–4 minutes until lightly browned and fragrant. Set aside.
2. Heat 2 tsp oil in the same skillet. Add ancho chili, tomato, and ¼ cup onion. Cook for 4 minutes until softened. Transfer to a blender with toasted seeds, garlic, cinnamon, cloves, salt, and water. Blend until completely smooth.
3. Prepare the filling: heat 2 teaspoons of oil in a skillet over medium heat. Sauté ¼ cup onion for 2 minutes. Add garlic and spinach, cooking until wilted, about 3 minutes. Season with salt..
4. Warm mole sauce in a saucepan over low heat for 5 minutes, stirring occasionally.
5. Briefly dip each tortilla in the warm mole sauce. Fill with the spinach mixture, roll tightly, and place seam-side down on a plate.
6. Spoon remaining mole over enmoladas. Garnish with vegan queso fresco, toasted pumpkin seeds, and cilantro.

Nutritional Info:

Calories: 420 | Fats (g): 22 | Carbs (g): 45 | Protein (g): 15



"PESCADO" VERACRUZANO (BANANA BLOSSOM)

Prep Time: 20 min | **Cooking Time:** 30 min | **Servings:** 2 individuals

Ingredients Required:

For the banana blossom "fish":

- Banana blossom in brine, drained and shredded – 1½ cups
- Nori sheet, torn into small pieces – 1 sheet
- Lemon juice – 2 tbsp
- Old Bay seasoning – 1 tsp
- Olive oil – 2 tbsp

For the Veracruz sauce:

- Roma tomato, diced – 1 cup
- Green olives, sliced – 2 tbsp
- Capers – 1 tbsp
- White onion, sliced – ½ cup
- Garlic, minced – 2 cloves
- Jalapeño, sliced into rings – 2 tsp
- Olive oil – 2 tbsp
- Dried oregano – ½ tsp
- Bay leaf – 2 small leaves
- Sea salt – ½ tsp
- Black pepper – 2 pinches

For serving:

- Cooked white rice – 1 cup
- Fresh parsley, chopped – 2 tbsp
- Lemon wedges – 4 wedges

Procedure:

1. Combine shredded banana blossom with nori pieces, lemon juice, and Old Bay seasoning. Let marinate for 15 minutes.
2. Heat 2 tbsp olive oil in a skillet over medium heat. Press banana blossom mixture into two fish-like shapes and pan-fry for 4 minutes per side until golden. Remove and set aside.
3. In the same skillet, heat 2 tbsp olive oil. Sauté onion for 3 minutes until translucent. Add garlic and jalapeño, cooking for 1 minute until fragrant.
4. Stir in tomatoes, olives, capers, oregano, bay leaves, salt, and pepper. Simmer uncovered for 10 minutes until sauce thickens slightly.
5. Return banana blossom "fish" to the skillet, spooning sauce over the top. Cover and cook for 5 minutes to blend flavors.
6. Serve over rice, garnished with parsley and lemon wedges.

Nutritional Info:

Calories: 380 | Fats (g): 18 | Carbs (g): 48 | Protein (g): 9

SNACKS & TAPAS

LOADED VEGAN NACHOS WITH CASHEW QUESO

Prep Time: 15 min **Cooking Time:** 10 min **Servings:** 2 individuals

Ingredients Required:

For the cashew queso:

- Raw cashews, soaked 2 hours (or boiled 15 min) – ½ cup
- Nutritional yeast – 2 tbsp
- Lemon juice – 1 tbsp
- Garlic powder – ½ tsp
- Onion powder – ½ tsp
- Ground cumin – ¼ tsp
- Turmeric – ¼ tsp
- Water – ½ cup
- Sea salt – ¼ tsp

For the nachos:

- Tortilla chips – 3 cups
- Black beans, cooked – ½ cup
- Tomato, diced – ½ cup
- Red onion, finely diced – ¼ cup
- Jalapeño, sliced – 2 tsp
- Avocado, diced – ¼ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime wedges – 4 wedges

Procedure:

1. Remove from oven and immediately top with tomato, red onion, jalapeño, avocado, and cilantro. Serve with lime wedges.
2. Drain soaked cashews and blend with all queso ingredients until completely smooth. Transfer to a small saucepan and warm over low heat for 3–4 minutes, stirring constantly.
3. Arrange tortilla chips in a single layer on a large oven-safe plate or baking sheet.
4. Warm black beans in a small skillet with 2 tbsp water for 2 minutes, mashing slightly with a fork.
5. Drizzle half the warm queso over the chips. Top with black beans, then remaining queso.
6. Broil in oven for 2–3 minutes until edges of chips begin to brown (watch carefully to prevent burning).
7. Remove from oven and immediately top with tomato, red onion, jalapeño, avocado, and cilantro. Serve with lime wedges.

Nutritional Info:

Calories: 520 Fats (g): 28 Carbs (g): 58 Protein (g): 16



CLASSIC GUACAMOLE WITH CHILE DE ÁRBOL

Prep Time: 15 min | **Cooking Time:** 5 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Hass avocado, pitted and peeled – 1 cup
- Roma tomato, seeded and diced – ½ cup
- White onion, finely diced – ¼ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime juice – 2 tbsp
- Chile de árbol, stemmed and crushed – 1 tsp
- Garlic, minced – 1 clove
- Sea salt – ½ tsp

For serving:

- Warm corn tortilla chips – 2 cups
- Radish slices – ¼ cup

Procedure:

1. Toast crushed chile de árbol in a dry skillet over medium heat for 1–2 minutes until fragrant. Set aside.
2. Mash avocado in a molcajete or bowl with lime juice and salt until slightly chunky.
3. Gently fold in the tomato, onion, cilantro, garlic, and toasted chile de árbol until just combined.
4. Taste and adjust seasoning with additional salt or lime juice if needed.
5. Serve immediately with tortilla chips and radish slices.

Nutritional Info:

Calories: 280 | Fats (g): 22 | Carbs (g): 22 | Protein (g): 4



MINI POTATO & CHORIZO (SOY) QUESADILLAS

Prep Time: 15 min | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the filling:

- Yukon gold potato, diced – ½ cup
- Vegan chorizo (soy-based) – ¼ cup
- White onion, diced – 2 tbsp
- Garlic, minced – ½ clove
- Olive oil – 1 tsp
- Ground cumin – ¼ tsp
- Smoked paprika – ¼ tsp
- Sea salt – ¼ tsp

For assembly:

- Corn tortillas (6-inch) – 2 tortillas
- Vegan cheese, shredded – ¼ cup
- Olive oil – ½ tsp
- Fresh cilantro, chopped – 1 tbsp
- Lime wedges – 2 wedges

Procedure:

1. Boil diced potato in salted water for 8 minutes until tender. Drain and lightly mash with a fork, leaving some chunks.
2. Heat olive oil in a skillet over medium heat. Sauté onion for 2 minutes, then add garlic, cumin, and paprika. Cook for 30 seconds until fragrant.
3. Add vegan chorizo, breaking it apart with a spoon. Cook for 3 minutes until browned. Stir in mashed potatoes and salt. Remove from heat.
4. Heat a clean skillet over medium heat. Brush one tortilla lightly with oil and place it oil-side down in the skillet.
5. Sprinkle 2 tbsp vegan cheese over half the tortilla, then spread ½ cup filling on top. Cover with another 2 tbsp cheese and fold tortilla in half.
6. Cook for 2–3 minutes per side until golden and crispy. Repeat with remaining tortillas and filling.
7. Cut each quesadilla into 4 wedges. Serve with cilantro and lime wedges.

Nutritional Info:

Calories: 380 | Fats (g): 14 | Carbs (g): 52 | Protein (g): 16



CRISPY AIR-FRYER CHICKPEAS WITH TAJÍN

Prep Time: 5 min | Cooking Time: 15 min | Servings: 2 individuals

Ingredients Required:

For the base:

- Chickpeas (cooked or canned), drained and dried – 1 cup
- Olive oil – 1 tbsp
- Tajín seasoning – 1 tsp
- Garlic powder – 1/2 tsp
- Sea salt – 1/4 tsp
- Lime juice – 1 tsp

Procedure:

1. Pat the chickpeas completely dry with paper towels, removing any loose skins for extra crispiness.
2. Toss the chickpeas with olive oil, garlic powder, and salt until evenly coated.
3. Preheat air fryer to 390°F for 3 minutes.
4. Arrange the chickpeas in a single layer in the air fryer basket. Cook for 12–15 minutes, shaking the basket every 5 minutes to ensure even crisping, until the chickpeas turn deep golden and crispy.
5. Transfer to a bowl and immediately toss with Tajín and lime juice while still hot.
6. Let cool for 5 minutes to crisp further before serving.

Nutritional Info:

Calories: 150 | Fats (g): 7 | Carbs (g): 18 | Protein (g): 5



ELOTE (GRILLED CORN WITH CASHEW CREMA)

Prep Time: 10 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For the corn:

- Fresh corn on the cob, husked – 2 ears
- Olive oil – 1 tbsp

For the cashew crema:

- Raw cashews, soaked for 2 hours (or boiled 15 min) – ½ cup
- Water – 4 tbsp
- Lime juice – 1 tbsp
- Garlic powder – ¼ tsp
- Sea salt – ¼ tsp

For topping:

- Vegan cotija cheese (or crumbled tofu) – 2 tbsp
- Tajín seasoning – 1 tsp
- Smoked paprika – ¼ tsp
- Fresh cilantro, chopped – 2 tsp
- Lime wedges – 4 wedges

Procedure:

1. Preheat the grill or grill pan to medium-high heat. Brush corn with olive oil.
2. Grill the corn for 8–10 minutes, turning occasionally, until lightly charred on all sides.
3. While the corn cooks, blend all cashew crema ingredients until completely smooth.
4. Transfer the grilled corn to plates. Spread cashew crema evenly over each ear.
5. Sprinkle with vegan cotija, Tajín, and smoked paprika. Garnish with cilantro and serve with lime wedges.

Nutritional Info:

Calories: 280 | Fats (g): 16 | Carbs (g): 32 | Protein (g): 8



STUFFED JALAPEÑOS WITH VEGAN CHEESE

Prep Time: 15 min | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the filling:

- Raw cashews, soaked 2 hours (or boiled 15 min) – ½ cup
- Nutritional yeast – 2 tbsp
- Lemon juice – 1 tbsp
- Garlic powder – ½ tsp
- Onion powder – ½ tsp
- Smoked paprika – ¼ tsp
- Water – 4 tbsp
- Sea salt – ¼ tsp

For the peppers:

- Fresh jalapeños – 4 medium peppers (about 3 inches long)
- Olive oil – 1 tsp
- Breadcrumbs – 2 tbsp
- Fresh cilantro, chopped – 1 tsp

Procedure:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper (may need slightly larger sheet for 8 halves).
2. Cut the jalapeños in half lengthwise. Remove seeds and membranes using a spoon (wear gloves if you're sensitive to the heat).
3. Blend all filling ingredients until completely smooth, scraping down sides as needed. Transfer to a piping bag or small zip-top bag with corner snipped off.
4. Pipe cheese mixture evenly into each jalapeño half, slightly mounded.
5. Combine breadcrumbs with olive oil and chopped cilantro. Sprinkle the mixture evenly over the stuffed peppers.
6. Bake for 12–15 minutes until peppers are tender and topping is golden.
7. Let cool for 5 minutes before serving (filling will be very hot).

Nutritional Info:

Calories: 180 | Fats (g): 12 | Carbs (g): 14 | Protein (g): 6



MANGO & CUCUMBER SKEWERS WITH CHAMOY

Prep Time: 15 min | **Cooking Time:** 0 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Fresh mango, cubed – 1 cup
- English cucumber, cubed – 1 cup
- Chamoy sauce – 2 tbsp
- Tajín seasoning – 1 tsp
- Lime juice – 1 tbsp
- Fresh cilantro, chopped – 2 tsp
- Wooden skewers (6-inch) – 6 skewers

Procedure:

1. Thread mango and cucumber cubes alternately onto skewers, ensuring an even distribution across all six.
2. Evenly drizzle the chamoy sauce over each skewer.
3. Lightly sprinkle with Tajín seasoning and finish with a squeeze of fresh lime juice.
4. Garnish with finely chopped cilantro for added brightness.
5. Serve immediately, or refrigerate for 15 minutes to allow the flavors to develop.

Nutritional Info:

Calories: 110 | Fats (g): 0 | Carbs (g): 28 | Protein (g): 1



BLACK BEAN & CORN EMPANADAS

Prep Time: 20 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the dough:

- All-purpose flour – 1 cup
- Vegan butter, chilled – 3 tbsp
- Ice water – 4 tbsp
- Apple cider vinegar – 1 tsp
- Sea salt – ¼ tsp

For the filling:

- Black beans, cooked – ½ cup
- Corn kernels (fresh or frozen) – 4 tbsp
- White onion, diced – 4 tbsp
- Garlic, minced – 1 clove
- Olive oil – 1 tbsp
- Ground cumin – ½ tsp
- Smoked paprika – ¼ tsp
- Sea salt – ¼ tsp

For assembly:

- Olive oil – 1 tsp (for brushing)
- Vegan egg wash (2 tbsp plant milk + 1 tsp maple syrup)

Procedure:

- 1.** Pulse the flour and salt in a food processor until combined. Add the chilled butter and pulse until the mixture resembles coarse crumbs.
- 2.** Mix the vinegar with ice water. Gradually add the liquid, 1 tablespoon at a time, to the flour mixture until a dough forms. Shape into a disc, wrap tightly in plastic wrap, and chill for 15 minutes.
- 3.** Heat olive oil in a skillet over medium heat. Sauté onion for 2 minutes, then add garlic, cumin, and paprika. Cook for 30 seconds until fragrant.
- 4.** Add black beans and corn, mashing slightly with a fork. Cook for 3 minutes. Season with salt and let cool.
- 5.** Roll dough to ⅛-inch thickness. Cut six 4-inch circles using a bowl or cutter.
- 6.** Place 2 tbsp filling on each circle. Fold over and seal edges with a fork. Brush with vegan egg wash.
- 7.** Bake at 375°F for 18–20 minutes until golden. Brush with olive oil after baking.

Nutritional Info (per serving):

Calories: 420 | Fats (g): 16 | Carbs (g): 60 | Protein (g): 10



JICAMA "FRIES" WITH LIME & CHILI POWDER

Prep Time: 10 min | **Cooking Time:** 0 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Jicama, peeled and cut into 1/4-inch batons – 2 cups
- Lime juice – 2 tbsp
- Chili powder – 1 tsp
- Tajín seasoning – 1/2 tsp
- Sea salt – 1/4 tsp
- Fresh cilantro, chopped – 2 tsp

Procedure:

1. Soak jicama batons in ice water for 5 minutes to crisp. Drain and pat completely dry.
2. Toss jicama with lime juice until evenly coated.
3. In a small bowl, combine chili powder, Tajín seasoning, and salt. Sprinkle the mixture over the jicama and toss gently to distribute the flavors.
4. Garnish with freshly chopped cilantro and serve immediately for optimal freshness and texture.

Nutritional Info:

Calories: 50 | Fats (g): 0 | Carbs (g): 12 | Protein (g): 1



QUESO FUNDIDO WITH MUSHROOMS

Prep Time: 10 min | **Cooking Time:** 15 min | **Servings:** 2 individuals

Ingredients Required:

For the queso:

- Raw cashews, soaked 2 hours (or boiled 15 min) – ½ cup
- Nutritional yeast – 2 tbsp
- Lemon juice – 1 tbsp
- Garlic powder – ½ tsp
- Onion powder – ½ tsp
- Smoked paprika – ¼ tsp
- Water – ½ cup
- Sea salt – ¼ tsp

For the mushrooms:

- Cremini mushrooms, sliced – 1 cup
- White onion, diced – ¼ cup (4 tbsp)
- Garlic, minced – 1 clove
- Olive oil – 1 tbsp
- Ground cumin – ¼ tsp
- Sea salt – ¼ tsp

For serving:

- Warm corn tortillas – 4 small tortillas
- Fresh cilantro, chopped – 2 tsp
- Lime wedges – 4 wedges

Procedure:

1. Blend all queso ingredients until completely smooth. Transfer to a small saucepan and warm over low heat, stirring constantly for 3–4 minutes until thickened.
2. Heat olive oil in a skillet over medium heat. Sauté onion for 2 minutes until translucent, then add garlic and cumin, cooking for 30 seconds until fragrant.
3. Add the mushrooms and salt. Cook for 5–6 minutes until mushrooms release their liquid and become tender.
4. Pour warm queso over the mushrooms in the skillet (or combine in a small oven-safe dish).
5. Optional: broil for 2–3 minutes until the queso is lightly bubbly and golden on top.
6. Serve immediately with warm tortillas, garnished with cilantro and lime wedges.

Nutritional Info:

Calories: 320 | Fats (g): 20 | Carbs (g): 28 | Protein (g): 10

SIDES & SALSA



CILANTRO-LIME RICE

Prep Time: 5 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- White rice (long grain) – ½ cup
- Water – 1 cup
- Fresh cilantro, chopped – 4 tbsp
- Lime juice – 2 tbsp
- Lime zest – 1 tsp
- Garlic, minced – 1 clove
- Olive oil – 1 tbsp
- Sea salt – ½ tsp

Procedure:

1. Rinse the rice thoroughly under cold running water until the water runs clear. Drain well to remove excess moisture.
2. Heat olive oil in a small saucepan over medium heat. Sauté garlic for 30 seconds until fragrant.
3. Stir in the rice and toast for 1 minute, stirring constantly to evenly coat the grains and enhance the nutty flavor.
4. Pour in the water and season with salt. Bring to a boil over medium-high heat, then reduce the heat to low. Cover the saucepan and simmer gently for 15 minutes, or until the rice is tender and the liquid is absorbed.
5. Remove from heat and let stand covered for 5 minutes.
6. Fluff the rice with a fork, then gently fold in the fresh cilantro, lime juice, and lime zest to brighten the flavors and add a vibrant finish.

Nutritional Info:

Calories: 220 | Fats (g): 7 | Carbs (g): 38 | Protein (g): 3



CHARRO BEANS (VEGAN BACON-FLAVORED)

Prep Time: 10 min | **Cooking Time:** 25 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Pinto beans, cooked – 1½ cups
- Tomato, diced – ½ cup
- White onion, diced – ¼ cup (4 tbsp)
- Garlic, minced – 1 clove
- Vegetable oil – 2 tsp
- Smoked paprika – ½ tsp
- Liquid smoke – ½ tsp
- Ground cumin – ¼ tsp
- Dried oregano – ¼ tsp
- Bay leaf – 1 medium leaf
- Vegetable broth – ½ cup
- Sea salt – ½ tsp
- Fresh cilantro, chopped – 2 tbsp

Procedure:

1. Heat vegetable oil in a small pot over medium heat. Sauté onion for 2 minutes until translucent.
2. Add garlic, smoked paprika, and cumin. Cook for 30 seconds until fragrant.
3. Stir in tomatoes, beans, oregano, bay leaf, liquid smoke, and vegetable broth. Bring to a simmer.
4. Reduce heat to low and cook uncovered for 20 minutes, stirring occasionally, until liquid reduces and flavors meld.
5. Remove bay leaf. Season with salt and garnish with cilantro before serving.

Nutritional Info:

Calories: 210 | Fats (g): 5 | Carbs (g): 35 | Protein (g): 10



SALSA VERDE (TOMATILLO & SERRANO)

Prep Time: 10 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Tomatillos, husked and rinsed – 6 tomatillos (about 1 cup chopped)
- Serrano pepper, stemmed – 1 whole (about 2 tsp chopped)
- White onion, diced – ¼ cup (4 tbsp)
- Garlic clove – 1 clove
- Cilantro, chopped – 2 tbsp
- Lime juice – 1 tbsp
- Sea salt – ½ tsp
- Water – ¼ cup (4 tbsp)

Procedure:

1. Bring a medium pot of water to boil. Add tomatillos and serrano pepper. Simmer for 5 minutes until tomatillos change color. Drain.
2. Transfer cooked tomatillos and pepper to a blender. Add onion, garlic, cilantro, lime juice, and salt.
3. Blend until smooth, adding water 1 tbsp at a time to reach desired consistency.
4. Taste the salsa and adjust seasoning with additional salt or lime juice as needed.

Nutritional Info:

Calories: 25 | Fats (g): 0 | Carbs (g): 5 | Protein (g): 1



ROASTED SALSA ROJA (CHIPOTLE & TOMATO)

Prep Time: 10 min | **Cooking Time:** 20 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Roma tomatoes – 4 tomatoes (about 1 cup quartered)
- White onion, sliced – ½ cup
- Garlic clove – 2 (peeled)
- Chipotle pepper in adobo – 1 pepper (about 2 tsp chopped)
- Olive oil – 1 tbsp
- Lime juice – 1 tbsp
- Sea salt – ½ tsp
- Fresh cilantro, chopped – 2 tbsp

Procedure:

1. Preheat oven to 425°F. Line a small baking sheet with parchment paper.
2. In a bowl, toss the tomatoes, onion, and garlic with olive oil until evenly coated. Arrange the vegetables in a single layer on the prepared baking sheet.
3. Roast for 15 minutes until vegetables are charred and softened, stirring once halfway.
4. Transfer roasted vegetables to a blender. Add chipotle pepper, lime juice, and salt.
5. Pulse until smooth but with some texture remaining to preserve a rustic consistency.
6. Fold in the chopped cilantro and allow the salsa to cool to room temperature before serving.

Nutritional Info:

Calories: 35 | Fats (g): 2 | Carbs (g): 4 | Protein (g): 1



CREAMY AVOCADO-TOMATILLO DRESSING

Prep Time: 10 min | **Cooking Time:** 5 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Tomatillos, husked and rinsed – 4 tomatillos (about ½ cup chopped)
- Ripe avocado, pitted – ½ cup
- Fresh cilantro, chopped – 2 tbsp
- Lime juice – 2 tbsp
- Garlic, minced – 1 clove
- Water – ¼ cup (4 tbsp)
- Sea salt – ½ tsp
- Ground cumin – ¼ tsp

Procedure:

1. Bring a small pot of water to boil. Add tomatillos and cook for 5 minutes until softened. Drain and cool slightly.
2. In a blender, combine the cooked tomatillos, avocado, cilantro, lime juice, garlic, water, salt, and cumin.
3. Blend until completely smooth, scraping down sides as needed.
4. Adjust the consistency by adding additional water, one teaspoon at a time, if the mixture is too thick.
5. Taste and adjust seasoning with more salt or lime juice if desired.

Nutritional Info:

Calories: 45 | Fats (g): 4 | Carbs (g): 3 | Protein (g): 1



PICKLED RED ONIONS (CEBOLLAS ENCURTIDAS)

Prep Time: 10 min | **Cooking Time:** 30 min (includes resting) | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Red onion, thinly sliced – 1 cup
- White vinegar – ½ cup
- Water – ½ cup
- Sugar – 1 tsp
- Sea salt – ½ tsp
- Whole black peppercorns – 8 peppercorns
- Bay leaf – 1 small leaf
- Whole allspice berry – 2 berries (optional)

Procedure:

1. Tightly pack the sliced onions into a clean 16-oz jar or a medium-sized bowl.
2. In a medium saucepan, combine vinegar, water, sugar, and salt. Heat over medium heat, stirring occasionally until the sugar and salt are fully dissolved and the mixture comes to a gentle boil.
3. Remove from heat and add peppercorns, bay leaf, and allspice berries.
4. Carefully pour the hot pickling liquid over the onions, ensuring they are completely submerged.
5. Allow the mixture to cool to room temperature, then cover and refrigerate for a minimum of 30 minutes to develop flavor before serving.

Nutritional Info:

Calories: 15 | Fats (g): 0 | Carbs (g): 3 | Protein (g): 0



REFRIED BEANS (LARD-FREE)

Prep Time: 5 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Cooked pinto beans – 1 cup (with ½ cup cooking liquid)
- Olive oil – 2 tsp
- White onion, diced – ¼ cup (4 tbsp)
- Garlic, minced – 1 clove
- Ground cumin – ½ tsp
- Smoked paprika – ¼ tsp
- Sea salt – ½ tsp
- Black pepper – 2 pinches

Procedure:

1. Heat olive oil in a medium skillet over medium heat. Sauté onion for 2 minutes until translucent.
2. Add garlic, cumin, and smoked paprika. Cook for 30 seconds until fragrant.
3. Stir in the beans along with their cooking liquid. Mash gently using a potato masher or fork until reaching the desired texture.
4. Continue cooking, stirring frequently, for 5 minutes until the mixture thickens. If it becomes too dry, add water gradually, 1 tablespoon at a time.
5. Season with salt and pepper. Continue cooking for 2 more minutes to blend flavors.

Nutritional Info:

Calories: 180 | Fats (g): 5 | Carbs (g): 27 | Protein (g): 8



MANGO-HABANERO SALSA

Prep Time: 15 min | **Cooking Time:** 15 min (includes resting) | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Ripe mango, diced – 1 cup
- Habanero pepper, seeded and minced – 1 tsp
- Red onion, diced – ¼ cup (4 tbsp)
- Red bell pepper, diced – ¼ cup (4 tbsp)
- Fresh lime juice – 2 tbsp
- Fresh cilantro, chopped – 2 tbsp
- Sea salt – ½ tsp
- Agave syrup – 1 tsp (optional)

Procedure:

1. Combine mango, habanero, red onion, and bell pepper in a large bowl.
2. Add lime juice, cilantro, and salt. Gently toss to combine.
3. Let rest at room temperature for 15 minutes to allow flavors to meld.
4. Taste and adjust seasoning, adding agave syrup if additional sweetness is desired.

Nutritional Info:

Calories: 35 | Fats (g): 0 | Carbs (g): 9 | Protein (g): 0



PUMPKIN SEED SALSA (SIKIL PAK)

Prep Time: 15 min | **Cooking Time:** 5 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Raw pumpkin seeds – ½ cup
- Roma tomato, quartered – 1 cup
- White onion, diced – ¼ cup
- Garlic clove – 1 clove
- Habanero pepper, stemmed (seeds removed for milder heat) – ½ pepper
- Fresh lime juice – 2 tbsp
- Water – ¼ cup
- Sea salt – ½ tsp
- Fresh cilantro, chopped – 2 tsp

Procedure:

1. Toast pumpkin seeds in a dry medium skillet over medium heat for 3–4 minutes until lightly browned and fragrant. Set aside to cool.
2. In the same skillet, char tomato quarters and onion for 2–3 minutes until slightly blackened (work in batches if needed).
3. Combine toasted seeds, charred vegetables, garlic, habanero, lime juice, water, and salt in a blender.
4. Blend until smooth, scraping down sides as needed. Add water 1 tsp at a time if it's too thick.
5. Stir in chopped cilantro. Let rest 10 minutes before serving to allow flavors to develop.

Nutritional Info:

Calories: 45 | Fats (g): 3 | Carbs (g): 3 | Protein (g): 2



GRILLED NOPAL (CACTUS) SALAD

Prep Time: 15 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Fresh nopal (cactus) paddles, cleaned and sliced – 2 cups
- Cherry tomatoes, quartered – 1/2 cup
- Red onion, thinly sliced – 1/4 cup (4 tbsp)
- Fresh cilantro, chopped – 2 tbsp
- Lime juice – 2 tbsp
- Olive oil – 1 tbsp
- Ground cumin – 1/2 tsp
- Sea salt – 1/2 tsp
- Crumbled vegan queso fresco – 2 tbsp (optional)

Procedure:

1. Preheat a grill or grill pan over medium-high heat. Lightly brush the nopal slices with 1/2 tablespoon of olive oil.
2. Grill the nopal slices for 3–4 minutes per side, until tender and marked with grill lines. Remove from heat and cut into bite-sized pieces.
3. In a large bowl, combine grilled nopal, tomatoes, red onion, and cilantro.
4. Whisk together lime juice, remaining 1/2 tbsp olive oil, cumin, and salt. Pour over salad and toss gently.
5. Allow the salad to marinate for 10 minutes to meld the flavors. Serve garnished with vegan queso fresco, if desired.

Nutritional Info:

Calories: 90 | Fats (g): 5 | Carbs (g): 10 | Protein (g): 2

DRINKS & DESSERTS



ALMOND MILK HORCHATA

Prep Time: 5 min (plus 4 hours soaking) | **Cooking Time:** 0 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Raw almonds – ½ cup
- Long grain white rice – ¼ cup
- Cinnamon stick – 1 medium stick (2-inch)
- Vanilla extract – ½ tsp
- Maple syrup – 2 tbsp
- Water – 2 cups (divided)
- Ice cubes – 1 cup

Procedure:

1. Soak almonds, rice, and cinnamon stick in 1 cup water for 4 hours or overnight.
2. Drain the soaking liquid and discard cinnamon stick. Transfer almonds and rice to a blender.
3. Add the remaining 1 cup water, vanilla, and maple syrup. Blend on high for 2 minutes until completely smooth.
4. Strain the mixture through a fine mesh sieve or nut milk bag into a clean pitcher, pressing firmly to extract all the liquid and achieve a silky texture.
5. Serve chilled over ice, garnished with a light dusting of ground cinnamon for an aromatic finish.

Nutritional Info:

Calories: 180 | Fats (g): 10 | Carbs (g): 20 | Protein (g): 5



HIBISCUS AGUA FRESCA (JAMAICA)

Prep Time: 5 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Dried hibiscus flowers – ½ cup
- Water – 3 cups
- Cane sugar – 3 tbsp (adjust to taste)
- Lime juice – 2 tsp
- Ice cubes – 1 cup

Procedure:

1. In a medium saucepan, bring water to a boil over medium-high heat.
2. Add dried hibiscus flowers, reduce heat to low, and simmer uncovered for 5 minutes.
3. Remove from heat and let steep for an additional 5 minutes to deepen the flavor.
4. Strain the liquid through a fine-mesh sieve into a pitcher, pressing the flowers gently to extract all liquid. Discard the solids.
5. Stir in cane sugar until fully dissolved. Adjust sweetness to taste.
6. Chill in the refrigerator for 10 minutes or pour over ice to serve immediately.
7. Just before serving, stir in freshly squeezed lime juice. Pour into tall glasses filled with ice and garnish as desired.

Nutritional Info:

Calories: 70 | Fats (g): 0 | Carbs (g): 18 | Protein (g): 0



SPICY MEXICAN HOT CHOCOLATE

Prep Time: 5 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Unsweetened almond milk (or oat milk) – 2 cups
- Vegan dark chocolate (70% or higher), chopped – 2 oz (about ¼ cup)
- Coconut sugar (or cane sugar) – 2 tbsp
- Ground cinnamon – 1 tsp
- Ground cayenne pepper – ¼ tsp (adjust to taste)
- Vanilla extract – ½ tsp
- Sea salt – 2 pinches

Procedure:

1. In a medium saucepan, heat almond milk over medium-low heat until warm but not boiling (about 3–4 minutes).
2. Add chopped dark chocolate, stirring continuously until fully melted and smooth.
3. Whisk in coconut sugar, cinnamon, cayenne, vanilla, and salt until well combined. Simmer gently for 2–3 minutes to infuse flavors.
4. Taste and adjust sweetness or spice level as desired. For a frothy texture, whisk vigorously or blend briefly with an immersion blender.
5. Pour into mugs and serve immediately. Garnish with a light dusting of cinnamon if desired.

Nutritional Info:

Calories: 220 | Fats (g): 14 | Carbs (g): 22 | Protein (g): 4



COCONUT FLAN (VEGAN CARAMEL CUSTARD)

Prep Time: 15 min | **Cooking Time:** 45 min (plus 4 hours chilling) | **Servings:** 2 individuals

Ingredients Required:

For the caramel:

- Granulated sugar – 6 tbsp
- Water – 2 tbsp
- Lemon juice – ½ tsp

For the custard:

- Full-fat coconut milk – 1 cup
- Silken tofu (soft) – ½ cup
- Cornstarch – 2 tbsp
- Maple syrup – 2 tbsp
- Vanilla extract – 1 tsp
- Ground cinnamon – ¼ tsp
- Sea salt – 2 pinches

Nutritional Info:

Calories: 320 | Fats (g): 18 | Carbs (g): 38
Protein (g): 5

Procedure:

1. Preheat oven to 350°F. Lightly grease two 6-ounce ramekins with coconut oil.
2. In a small saucepan, combine sugar, water, and lemon juice for the caramel. Heat over medium heat without stirring until sugar dissolves and turns amber (5–7 minutes). Immediately divide between prepared ramekins, tilting to coat the bases evenly. Set aside to harden.
3. In a blender, combine coconut milk, silken tofu, cornstarch, maple syrup, vanilla, cinnamon, and salt. Blend until completely smooth (about 1 minute).
4. Pour the custard mixture over the hardened caramel in the ramekins. Cover tightly with foil.
5. Place the ramekins in a medium baking dish. Fill the dish with hot water until it reaches halfway up the sides of the ramekins (bain-marie).
6. Bake for 35–40 minutes until the custards are set but still slightly jiggle in the center. Remove from the water bath and let cool to room temperature.
7. Refrigerate for at least 4 hours or overnight. To serve, run a knife around the edges, invert onto plates, and let the caramel sauce drizzle over the flans.



CHURROS WITH DARK CHOCOLATE DIP

Prep Time: 15 min | **Cooking Time:** 10 min | **Servings:** 2 individuals

Ingredients Required:

For the churros:

- Water – ½ cup
- Vegan butter – 2 tbsp
- All-purpose flour – ½ cup
- Ground cinnamon – ½ tsp
- Salt – ¼ tsp
- Vanilla extract – ½ tsp
- Oil for frying (vegetable or sunflower) – 1 cup

For the cinnamon sugar coating:

- Granulated sugar – ¼ cup
- Ground cinnamon – 1 tsp

For the dark chocolate dip:

- Vegan dark chocolate (70%), chopped – 2 oz (about ¼ cup)
- Coconut milk (full-fat) – 2 tbsp
- Maple syrup – 1 tsp

Nutritional Info:

Calories: 420 | Fats (g): 22 | Carbs (g): 52
Protein (g): 4

Procedure:

1. In a medium saucepan, combine water, vegan butter, and salt. Bring to a boil over medium heat.
2. Remove from heat and immediately stir in flour, cinnamon, and vanilla extract until a smooth dough forms. Let cool for 5 minutes.
3. Heat vegetable oil in a deep skillet or heavy-bottomed pot to 350°F (175°C), using a candy thermometer for precision. The oil should be about ½ inch deep for shallow frying.
4. Transfer the dough to a piping bag fitted with a large star tip. Pipe 4-inch strips directly into the hot oil, using kitchen scissors to cut the dough. Fry 4–5 churros at a time for 2–3 minutes per side, turning gently until they achieve a deep golden brown color.
5. Remove churros with a slotted spoon and drain briefly on paper towels. While still warm, toss them in a cinnamon-sugar mixture until evenly coated.
6. For the dip, melt chocolate with coconut milk in a double boiler or microwave (15-second intervals), stirring until smooth. Stir in maple syrup.
7. Serve churros warm alongside the rich dark chocolate dip.



MANGO-CHAMOY PALETAS (POPSICLES)

Prep Time: 10 min | **Cooking Time:** 4 hours (includes freezing) | **Servings:** 2 individuals

Ingredients Required:

For the mango layer:

- Ripe mango, diced – 1 cup
- Coconut milk (full-fat) – 4 tbsp
- Agave syrup – 2 tsp
- Lime juice – 1 tsp

For the chamoy layer:

- Chamoy sauce (vegan) – 2 tbsp
- Water – 2 tsp
- Tajín seasoning – ½ tsp

For assembly:

- Popsicle molds (4 small or 2 standard size)
- Popsicle sticks

Procedure:

1. In a blender, combine mango, coconut milk, agave syrup, and lime juice. Blend until completely smooth.
2. Pour mango mixture into popsicle molds, filling each about $\frac{3}{4}$ full. Insert sticks and freeze for 1 hour until partially set.
3. In a small bowl, mix chamoy sauce with water to thin slightly. Drizzle 1 tbsp over each partially frozen popsicle.
4. Return to freezer for 30 minutes. Pour remaining mango mixture over chamoy layer, leaving $\frac{1}{4}$ inch at the top.
5. Freeze for 2 more hours until solid.
6. To serve, briefly run molds under warm water to release. Sprinkle with Tajín seasoning before eating.

Nutritional Info:

Calories: 120 | Fats (g): 3 | Carbs (g): 25 | Protein (g): 1



TRES LECHES CAKE (COCONUT, ALMOND, OAT MILK)

Prep Time: 20 min | **Cooking Time:** 25 min (plus 4 hours chilling) | **Servings:** 2 individuals

Ingredients Required:

For the cake:

- All-purpose flour – ½ cup
- Coconut sugar – ¼ cup
- Baking powder – ½ tsp
- Baking soda – ¼ tsp
- Salt – 2 pinches
- Unsweetened applesauce – 2 tbsp
- Coconut milk (full-fat) – 2 tbsp
- Vanilla extract – ½ tsp
- Apple cider vinegar – 1 tsp

For the tres leches mixture:

- Coconut milk (full-fat) – ¼ cup
- Almond milk (unsweetened) – ¼ cup
- Oat milk (unsweetened) – ¼ cup
- Maple syrup – 2 tbsp

For the topping:

- Coconut whipped cream – ½ cup
- Ground cinnamon – ¼ tsp

Nutritional Info:

Calories: 380 | Fats (g): 18 | Carbs (g): 52
Protein (g): 4

Procedure:

1. Preheat oven to 350°F. Grease two 4-inch ramekins or one 6-inch cake pan with coconut oil.
2. In a mixing bowl, whisk together the flour, coconut sugar, baking powder, baking soda, and salt until evenly combined.
3. Add applesauce, coconut milk, vanilla, and vinegar. Stir until just combined (do not overmix).
4. Evenly divide the batter between the prepared ramekins or pour into the cake pan. Bake for 18–20 minutes, or until the top is golden and a toothpick inserted in the center comes out clean. Remove from oven and allow to cool completely.
5. Using a fork, pierce the cakes 10–12 times each to create small holes. In a separate bowl, whisk together the tres leches milks and maple syrup. Slowly drizzle the milk mixture evenly over the cakes, allowing it to soak in.
6. Cover and refrigerate for at least 4 hours or preferably overnight to let the flavors meld and the cakes fully absorb the liquid.
7. Just before serving, top each cake with a generous dollop of coconut whipped cream and finish with a light dusting of cinnamon.



TAMARIND & CHILE CANDY SORBET

Prep Time: 15 min | **Cooking Time:** 4 hours (includes freezing) | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Tamarind pulp (seedless) – ½ cup
- Hot water – 1 cup
- Coconut sugar – 6 tbsp
- Lime juice – 2 tbsp
- Ground cayenne pepper – ¼ tsp
- Chamoy sauce (vegan) – 2 tsp
- Sea salt – 2 pinches

Equipment:

- Ice cream maker (or shallow freezer container)

Procedure:

1. In a medium bowl, combine tamarind pulp with hot water. Let soak for 10 minutes, then press through a fine-mesh sieve to extract thick paste (discard fibers).
2. Whisk tamarind paste with coconut sugar until fully dissolved. Stir in lime juice, cayenne, chamoy, and salt.
3. Chill mixture in refrigerator for 1 hour.
4. Transfer to an ice cream maker and churn for 20 minutes or until it reaches a smooth sorbet consistency. For a no-churn alternative, pour into a shallow container and freeze, stirring every 30 minutes for 3 hours to maintain texture.
5. Serve scoops of the sorbet in chilled bowls and drizzle with additional chamoy sauce if desired.

Nutritional Info:

Calories: 180 | Fats (g): 0 | Carbs (g): 46 | Protein (g): 1



AVOCADO-LIME ICE CREAM

Prep Time: 10 min | **Cooking Time:** 4 hours (includes freezing) | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Ripe avocado, mashed – 1 cup
- Coconut cream (chilled) – ½ cup
- Lime juice – 2 tbsp
- Lime zest – 1 tsp
- Maple syrup – 4 tbsp
- Vanilla extract – ½ tsp
- Sea salt – 2 pinches

Equipment:

- Ice cream maker (or shallow freezer container)

Procedure:

1. In a blender, combine mashed avocado, coconut cream, lime juice, lime zest, maple syrup, vanilla, and salt. Blend until completely smooth.
2. Transfer the mixture to the refrigerator and chill for 30 minutes to enhance the flavors and texture.
3. Pour into ice cream maker and churn 20 minutes until creamy. For no-churn method, freeze in shallow container, stirring every 30 minutes for 3 hours.
4. Serve scoops of the avocado ice cream in chilled bowls and garnish with additional lime zest, if desired.

Nutritional Info:

Calories: 320 | Fats (g): 22 | Carbs (g): 30 | Protein (g): 2



MEXICAN CHOCOLATE PUDDING WITH CAYENNE

Prep Time: 5 min | **Cooking Time:** 10 min (plus 2 hours chilling) | **Servings:** 2 individuals

Ingredients Required:

For the base:

- Coconut milk (full-fat) – 1 cup
- Vegan dark chocolate (70%), chopped – 2 oz (about ¼ cup)
- Cornstarch – 4 tsp
- Maple syrup – 2 tbsp
- Ground cinnamon – 1 tsp
- Cayenne pepper – ¼ tsp
- Vanilla extract – ½ tsp
- Sea salt – 2 pinches

Procedure:

1. In a medium saucepan, whisk together coconut milk and cornstarch until smooth. Heat over medium-low heat.
2. Gradually add chopped chocolate, stirring constantly until completely melted and the mixture is homogeneous, approximately 3 minutes.
3. Incorporate maple syrup, cinnamon, cayenne, vanilla extract, and salt. Continue cooking over low heat, stirring continuously for 5 minutes, until the mixture thickens to a creamy pudding consistency.
4. Remove from heat and pour into two serving dishes. Press plastic wrap directly onto the surface to prevent skin formation.
5. Refrigerate for at least 2 hours, or until fully set and chilled.

Nutritional Info:

Calories: 320 | Fats (g): 22 | Carbs (g): 28 | Protein (g): 4

7-DAY MEAL PLAN

Day 1

BREAKFAST: TOFU SCRAMBLE BREAKFAST BURRITOS, p. 9

LUNCH: CHIPOTLE LENTIL TACOS, p. 23 + JICAMA & CITRUS SALAD WITH CHILE-LIME DRESSING, p. 33

DINNER: ENCHILADAS SUIZAS (CASHEW CREAM), p. 48 + GRILLED NOPAL (CACTUS) SALAD, p. 97

Day 2

BREAKFAST: COCONUT YOGURT PARFAIT WITH GRANOLA & TROPICAL FRUIT, p. 8

LUNCH: JACKFRUIT "PULLED PORK" FAJITAS, p. 26 + MEXICAN STREET CORN SALAD (ESQUITES), p. 28

DINNER: SOY "CARNITAS" WITH ORANGE & BEER GLAZE, p. 49 + CILANTRO-LIME RICE, p. 88

Day 3

BREAKFAST: SWEET POTATO & BLACK BEAN BREAKFAST TACOS, p. 11

LUNCH: CREAMY POBLANO SOUP (SOPA DE RAJAS), p. 31 + STUFFED AVOCADOS WITH TEMPEH CHORIZO, p. 40

DINNER: MOLE POBLANO WITH SEITAN, p. 53 + CHARRO BEANS (VEGAN BACON-FLAVORED), p. 89

Day 4

BREAKFAST: VEGAN BREAKFAST QUESADILLAS WITH CASHEW CHEESE, p. 17

LUNCH: "FISH" TACOS (HEARTS OF PALM OR BANANA BLOSSOM), p. 38 + SPICY CUCUMBER & MANGO SALAD, p. 42

DINNER: JACKFRUIT BIRRIA TACOS WITH CONSOMÉ, p. 55 + PICKLED RED ONIONS (CEBOLLAS ENCURTIDAS), p. 93

Day 5

BREAKFAST: MANGO-COCONUT SMOOTHIE BOWLS WITH CHILE POWDER, p. 21

LUNCH: SWEET POTATO & KALE ENCHILADA BOWL, p. 29 + ROASTED SALSA ROJA (CHIPOTLE & TOMATO), p. 91

DINNER: CHILES EN NOGADA (WALNUT SAUCE & POMEGRANATE), p. 56 + REFRIED BEANS (LARD-FREE), p. 94

Day 6

BREAKFAST: CORN PANCAKES (HOTCAKES DE ELOTE) WITH AGAVE SYRUP, p. 19

LUNCH: BARBACOA TACOS (JACKFRUIT OR SOY CURLS), p. 43 + GRILLED ZUCCHINI & CORN TACOS, p. 37

DINNER: GRILLED PORTOBELLO & PINEAPPLE AL PASTOR, p. 58 + SALSA VERDE (TOMATILLO & SERRANO), p. 90

Day 7

BREAKFAST: AVOCADO TOAST WITH CHILE LIME SPRINKLE, p. 10

LUNCH: MEXICAN CHOPPED SALAD WITH LIME-CILANTRO DRESSING, p. 39 + BLACK BEAN & QUINOA STUFFED PEPPERS, p. 27

DINNER: COCHINITA PIBIL (JACKFRUIT IN ACHIOTE), p. 64 + CILANTRO-LIME RICE, p. 88

SHOPPING LIST

PRODUCE

- Avocado – 2 medium (sold individually)
- Banana – 1 (sold individually) + 1/2 frozen (pre-packaged, 10 oz bag)
- Bell peppers (red) – 2 medium (sold individually, ~1 lb total)
- Bell pepper (yellow) – 1 medium (sold individually)
- Cabbage (green) – 1 small head (~2 lbs)
- Cabbage (red) – 1 small head (~1 lb)
- Carrot – 1 large (sold individually)
- Cilantro – 1 bunch
- Cucumber (English) – 1 (sold individually)
- Garlic – 1 bulb (~3 oz)
- Grapefruit – 1 (sold individually)
- Jalapeño – 1 (sold individually)
- Jicama – 1 small (~1 lb)
- Kale – 1 bunch (~8 oz)
- Limes – 6 (sold in 1 lb bag)
- Mango (ripe) – 1 (sold individually) + 3/4 cup frozen (10 oz bag)
- Onion (red) – 2 medium (~1 lb)
- Onion (white/yellow) – 3 medium (~1.5 lbs)
- Orange – 1 (sold individually)
- Pineapple – 1 small (pre-cut, 10 oz package)
- Poblano peppers – 2 (sold individually)
- Radishes – 1 bunch (~6 oz)
- Romaine lettuce – 1 head
- Serrano pepper – 1 (sold individually)
- Spinach (baby) – 5 oz clamshell
- Sweet potato – 2 medium (~1.5 lbs)
- Tomatillos – 3 (sold in 1 lb husks)
- Tomato (cherry) – 10 oz clamshell
- Tomato (Roma) – 3 (sold in 1 lb vine)
- Zucchini – 1 medium (~8 oz)

HERBS & SPICES

(check pantry first)

- Chili powder – 1 oz jar
- Cinnamon (ground) – 1 oz jar
- Cumin (ground) – 1 oz jar
- Garlic powder – 1 oz jar
- Onion powder – 1 oz jar
- Oregano (dried) – 1 oz jar
- Paprika (smoked) – 1 oz jar
- Turmeric – 1 oz jar
- Old Bay seasoning – 1 oz jar
- Tajín/chile-lime seasoning – 1 oz bottle

CANNED & PACKAGED

- Black beans – 2 cans (15 oz each)
- Coconut milk (full-fat) – 1 can (13.5 oz)
- Enchilada sauce (vegan) – 1 can (10 oz)
- Hearts of palm/banana blossom – 1 can (14 oz)
- Jackfruit (young green, in brine) – 2 cans (20 oz each)
- Pinto beans – 1 can (15 oz)
- Salsa – 1 jar (16 oz)
- Tomato paste – 1 tube (4.5 oz)
- Vegetable broth – 1 carton (32 oz)

DAIRY ALTERNATIVES

- Coconut yogurt (unsweetened) – 1 tub (16 oz)
- Vegan cheese shreds – 1 bag (8 oz)
- Vegan cream cheese – 1 tub (8 oz)
- Vegan sour cream – 1 tub (8 oz)

BAKERY & TORTILLAS

- Corn tortillas (6-inch) – 1 package (30 count)
- Flour tortillas (8-inch) – 1 package (10 count)
- Sourdough/whole grain bread – 1 loaf

OILS & CONDIMENTS

- Agave syrup – 1 bottle (12 oz)
- Apple cider vinegar – 1 bottle (16 oz)
- Liquid smoke – 1 small bottle (2 oz)
- Maple syrup – 1 small bottle (8 oz)
- Nutritional yeast – 1 small bag (4 oz)
- Olive oil (extra virgin) – 1 bottle (16 oz)
- Vegan mayonnaise – 1 jar (12 oz)
- Vegan butter – 1 tub (8 oz)

GRAINS & LEGUMES

- Brown rice – 1 lb bag
- Quinoa – 1 lb bag
- White rice (long grain) – 1 lb bag
- Soy curls/TVP – 1 bag (8 oz)

FROZEN

- Corn kernels – 1 bag (12 oz)
- Mango chunks – 1 bag (10 oz)

NUTS & SEEDS

- Almonds – 1 small bag (4 oz)
- Cashews (raw) – 1 small bag (4 oz)
- Pepitas (pumpkin seeds) – 1 small bag (4 oz)
- Walnuts – 1 small bag (4 oz)

MISCELLANEOUS

- Achiote paste – 1 small box (3.5 oz)
- Chipotle in adobo – 1 small can (7 oz)
- Dried chiles (guajillo, ancho) – 1 small bag (2 oz)
- Granola (vegan) – 1 bag (12 oz)
- Nori sheets – 1 pack (10 sheets)

CONCLUSION

Congratulations—you've just unlocked a fiesta of vibrant, plant-based Mexican flavors! Whether you're a seasoned vegan chef, just starting your culinary adventure, or simply exploring meatless meals, this cookbook is your passport to delicious, cruelty-free dishes that celebrate tradition with a fresh twist. From sizzling breakfast burritos and hearty huevos rancheros to smoky birria tacos and decadent tres leches cake, every recipe is designed to delight your taste buds, nourish your body, and bring joy to your kitchen.

Mexican cuisine is all about boldness, creativity, and celebration—and going vegan doesn't mean sacrificing an ounce of flavor. In fact, it's an invitation to fall in love with ingredients like jackfruit, cashew crema, and huitlacoche in entirely new ways! We hope these dishes inspire you to play with textures, adjust heat levels, and improvise with seasonal produce.

Remember, cooking is an act of love, so don't be afraid to tweak, experiment, and make each dish your own.

As you savor each bite, take pride in knowing you're embracing a lifestyle that's kind to animals, the planet, and your senses. Food this good shouldn't come with compromise, and thanks to your culinary magic, it doesn't have to. So grab your apron, gather friends or family, and turn every meal into a fiesta. The best recipes are the ones made with curiosity, heart, and a little spice.

We'd Love to Hear From You!

If you've enjoyed cooking your way through these vibrant, plant-based Mexican recipes, we'd be so grateful if you could take a moment to leave a review! Your feedback helps others discover the book and inspires us to keep creating delicious, accessible vegan recipes. Whether you loved the smoky jackfruit birria tacos, the creamy mole poblano, or the zesty mango-chamoy paletas, sharing your thoughts makes a big difference.

Reviews don't have to be long—just a few sentences about your favorite dish or how this book has brought more flavor to your kitchen. Your support means the world to us, and we can't wait to hear how these recipes have sparked joy in your meals.

¡Muchas gracias—happy cooking, and thank you for being part of this culinary adventure!

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