

RECIPE TYPE: BREAKFAST



# CINNAMON SUGAR BUÑUELO'S

Makes 10 Servings

## Ingredients

- 1 lemon-lime soda, 12-oz can
- 1 boxed cake mix
- Canola oil, 3 cups
- Cinnamon sugar, coating

## Cooking Instructions

- Preheat the oven to 350 °F
- Preheat oil in a stove-top fryer with thermometer set to 325 °F
- Add the boxed cake mix and 12 ounces of lemon-lime soda to a large bowl
- Beat on low speed with a hand mixer for 1 minute
- Beat on medium speed with a hand mixer for 2 minutes
- Using a small ice cream scoop, drop dollops of batter into hot oil. Fry until golden brown on both sides. Remove from oil onto a sheet pan and coat with cinnamon sugar. Place into hot oven for 5 minutes to ensure dough is cooked through
- Let cool to room temperature, then serve

## Total Recipe Nutritional Information

**Calories:** 8175 calories

**Protein:** 20 grams

**Fat:** 690 grams

**Carbohydrate:** 500 grams

Dietary goals may be different for each individual. Consult your doctor and or/dietitian on specific nutrition management.



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RECIPE TYPE: SIDE DISH



# FRIED PLANTAINS

Makes 6 Servings

## Ingredients

- 3 large very ripe, mostly black plantains, about 1  $\frac{3}{4}$  lbs
- Vegetable or canola oil,  $\frac{1}{4}$  inch of oil
- Kosher salt, to taste

## Cooking Instructions

- Peel the plantain by cutting off both ends, make a few cuts lengthwise through just the peel, then remove the peel
- Slice the plantain on a slight bias into  $\frac{3}{4}$ -inch pieces, for about 24 pieces total
- Heat  $\frac{1}{4}$  inch of oil in a large skillet over medium-high heat
- Once the oil is hot and simmering, dip the edge of 1 plantain piece into the oil. It should immediately start to bubble vigorously. If not, allow the oil to heat up for another minute
- When the oil is ready, carefully add half of the plantains in an even layer
- Cook until browned in spots on the first side, about 2 minutes
- Use a slotted metal spatula to flip the plantains
- Cook on the second side until browned in spots, about 2 minutes
- Flip the plantains again, immediately lower the heat to medium
- Continue to cook the plantains until they are very tender and deeply browned, 4 to 8 minutes, flipping every 2 minutes to ensure even cooking
- Some pieces may cook faster than others, but you can just remove them as they finish cooking
- Transfer to a wire rack set over a baking sheet
- Season generously with salt on both sides
- Repeat the cooking process with the remaining plantains, adding more oil if needed to maintain  $\frac{1}{4}$  inch

## Total Recipe Nutritional Information

**Calories:** 1216 calories

**Protein:** 10 grams

**Fat:** 31 grams

**Carbohydrate:** 253 grams

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RECIPE TYPE: SIDE DISH



# CILANTRO RICE

Makes 6 Servings

## Ingredients

- Extra virgin olive oil, 2 tbsp
- Basmati rice, or other long-grain white rice, 1 ½ cups
- 1 garlic clove, minced
- Water, 2 ¼ cups
- Salt, 1 tsp
- 1 lime, zested
- Lime juice, 3 tbsp
- Lightly packed chopped cilantro (leaves and tender stems only), 1 cup

## Cooking Instructions

- Brown the rice: Heat the olive oil in a medium saucepan on medium-high heat
- Add the raw rice and stir to coat with the olive oil
- Cook, stirring occasionally, until the rice has started to brown
- Add the garlic and cook 1 minute more
- Add water, salt, and lime zest to the rice
- Bring to a rolling boil, then cover and lower the heat to low to maintain a very low simmer
- Cook undisturbed for 15 minutes (check your rice package instructions)
- Remove from heat and let sit for 10 minutes
- Fluff the rice with a fork
- Stir in lime juice and chopped cilantro
- Transfer the rice to a serving bowl

## Total Recipe Nutritional Information

**Calories:** 1232 calories

**Protein:** 19 grams

**Fat:** 31 grams

**Carbohydrate:** 216 grams

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RECIPE TYPE: LUNCH



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# CITRUS CRUNCH WRAP

Makes 8 Servings

## Ingredients

- 1 orange, juiced
- 1 jicama
- 1/2 red onion
- 1 carrot
- 1 lime
- Cilantro, 1/4 cup chopped
- Corn tortillas, 1 package warmed
- Canola oil, 1 tbsp
- Taco seasoning, 1 shaker
- Salt and pepper, 1 dash

## Cooking Instructions

- Peel the jicama and carrot
- Prepare the jicama, carrot, and red onion by grating or fine knife cuts (grated works well, but fine knife cut [1/4" x 1/4" x 2"] is best)
- Marinate the mixture with orange, lime, and oil
- Add a dash of salt and pepper
- Warm tortillas in the microwave or on the stove top for 30 seconds
- Place 1/4 cup of the mixture in each warmed tortilla, fold in half
- Dust with taco seasoning and serve

## Total Recipe Nutritional Information

**Calories:** 1945 calories

**Protein:** 34 grams

**Fat:** 37 grams

**Carbohydrate:** 375 grams

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RECIPE TYPE: LUNCH



# VEGGIE CEVICHE

Makes 6 Servings

## Ingredients

- 1 avocado, halved, pitted, peeled, and diced
- Cauliflower, 1 cup finely diced
- 2 tomatoes, diced
- Cucumber, 1/3 cup peeled, seeded, and diced
- Red onion, 1/3 cup finely diced
- 1 serrano chili pepper, minced
- 1 garlic clove, minced
- Chopped fresh cilantro, 3 tbsp
- 2 limes, juiced
- Olive oil, 1 tbsp
- Kosher salt, 1 tsp
- Toasted cumin seeds, 1/2 tsp
- Siete grain-free chips, for serving

## Cooking Instructions

- In a large bowl, combine avocado, cauliflower, tomatoes, cucumber, onion, serrano chili pepper, garlic, cilantro, lime juice, olive oil, salt, and cumin seeds
- Cover and refrigerate for at least 30 minutes to let marinate
- Serve with Siete grain-free chips

## Total Recipe Nutritional Information

**Calories:** 1080 calories

**Protein:** 10 grams

**Fat:** 66 grams

**Carbohydrate:** 129 grams

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RECIPE TYPE: SNACK



# JALAPENO POPPER PINWHEELS

## Ingredients

- Tofutti® or Daiya cream cheese, 8 oz, softened
- 1 jalapeño, medium, seeded and finely diced
- 4-6 slices of bacon, cooked and crumbled
- Daiya shredded cheddar cheese, 1 cup
- Ranch seasoning mix, 2 tsp
- 3 Siete grain-free tortillas

## Cooking Instructions

- In a medium bowl, combine the cream cheese, diced jalapeno, crumbled bacon, cheddar cheese, and ranch seasoning
- Mix until fully combined
- Divide the cream cheese mixture among the tortillas and spread in an even layer to the edge
- Roll the filled tortillas tightly and place seam side down on a plate
- Cover with plastic wrap and refrigerate for at least 1 hour
- Remove from the refrigerator and slice into 1-inch pinwheels before serving

## Total Recipe Nutritional Information

**Calories:** 1435 calories

**Protein:** 28 grams

**Fat:** 103 grams

**Carbohydrate:** 99 grams

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RECIPE TYPE: DINNER



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# TACO TRUCK TACOS

Makes 6 Servings

## Ingredients

- Avocado oil , 3 tbsp
- 1 white onion, finely diced
- 2 jalapeños, finely chopped, seeds removed
- 4 garlic cloves, minced
- 2 lbs cremini mushrooms, cleaned, stems removed and sliced
- 1 bunch of cilantro, chopped
- Salt, to taste
- 6 corn tortillas, warmed
- 1 sliced avocado
- 1 lime

## Cooking Instructions

- In a large skillet, heat the oil over medium heat
- Once the oil is hot, add the diced onion, jalapeños, garlic, and a pinch of salt
- Cook for 3 minutes, just until the onion starts to soften
- Raise the heat to medium-high and add the sliced mushrooms
- Stir
- Cook until the mushrooms have released their liquid, and are browned, about 10 minutes
- Add in the chopped cilantro and salt to taste
- Warm tortillas in the microwave or on the stove top for 30 seconds
- Serve the mushroom filling with warm tortillas, avocado, and a squeeze of fresh lime juice

## Total Recipe Nutritional Information

**Calories:** 1284 calories

**Protein:** 35 grams

**Fat:** 70 grams

**Carbohydrate:** 140 grams

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RECIPE TYPE: DINNER

# VERY VEGGIE PAELLA

Makes 5 Servings



## Ingredients

- Arborio rice, 1 ½ cups
- Smoked paprika, 1 tsp
- Sweet paprika, ½ tsp
- Sea salt, 1 tsp or more for taste
- Fresh cracked pepper, to taste
- Fresh thyme, 2 sprigs
- Canned green beans cut into ¼ inch pieces, ¾ cup
- Lemon wedges
- Fresh-cut parsley
- Olive oil, 3 tbsp, divided
- Low-sodium vegetable broth, 4 cups
- Saffron threads, 1 tsp
- 1 onion, medium, diced
- 1 red bell pepper, cut into strips
- 5 garlic cloves, minced
- 1 tomato, large, diced

## Cooking Instructions

- Add vegetable broth in a medium saucepan over medium-high heat
- Break up the saffron and add it to the broth
- Bring to simmer for 1 minute, then lower the heat to keep warm
- Heat 2 tablespoons of oil in a 12-inch paella pan (or something similarly sized) over medium heat
- Once heated, add the onions and peppers
- Sauté until softened and lightly browned, about 3-5 minutes
- Add the garlic and sauté for 1 minute
- Add the tomatoes, smoked paprika, and sweet paprika. Sauté for 1-2 minutes
- Add the rice and remaining 1 tablespoon of oil to the pan. Stir to coat well
- Cook for 1 minute to lightly toast the rice and incorporate flavors. Move around occasionally to prevent sticking
- Add the fresh thyme and slowly pour in broth
- Add salt and pepper. Do not stir after this point or it will release starches and cause creamier rice
- Turn the heat to medium-high and bring the broth to a heavy simmer for 1-2 minutes

## Cooking Instructions (continued)

- Turn the heat down (between medium-low and medium) to a mild simmer. While the broth is cooking down, do not bring to a boil
- Simmer for 15-20 minutes until rice is al dente. Rotate the pan on the burner 1-2 times during cooking for even heat distribution
- Once the broth is nearly cooked off, you will need to pay close attention to the fond (the golden rice crust) forming on the bottom of the pan
- You will start to hear a snap, crackle, and pop, along with smelling a nutty aroma. This should take 1-2 minutes
- Stick a fork or spoon straight to the bottom to test if the fond is forming (if it smells like it's burning, remove from heat immediately)
- Remove the pan from the heat and add the cut beans to the top of the rice (don't mix in)
- Cover the pan with foil and let the paella rest for 5-8 minutes
- Top with fresh-cut parsley and cracked pepper and add lemon wedges on the side to serve
- Enjoy!

## Total Recipe Nutritional Information

**Calories:** 961 calories

**Protein:** 16 grams

**Fat:** 43 grams

**Carbohydrate:** 134 grams

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