

Easy Enchiladas

Enchilada Sauce:

- 1 small can tomato paste- no salt added
- 2 c. water
- 2 t. vegetarian chicken seasoning
- 1 T. whole grain spelt flour
- ½ t. cumin
- ½ t. paprika
- ¼ t. salt, adjust to your taste
- Pinch of California chili pepper
- Drizzle of honey, if desired
- 2 garlic cloves
- ¼ c. onion, chopped

Blend all ingredients in blender. Bring to a boil. Reduce heat and simmer 5 minutes.

Enchiladas:

- Corn Tortillas, misted with water, warmed in microwave for 15 seconds
- Vegetarian Refried Beans
- Vegan Cheese Shreds
- Enchilada sauce (above)

Assemble tortillas, layering in order given above, ending with a small spoon of enchilada sauce. Roll up and place in lightly oiled 13 x 9 pan. Spoon some sauce over each enchilada. Cover and bake at 350° just until hot (20-30 minutes). Serve with extra enchilada sauce and top with shredded lettuce, fresh chopped tomatoes, fresh chopped cilantro and **Cilantro Green-Chile Sauce** or other favorite toppings like guacamole, or vegan sour cream.

Cilantro Green-Chile Sauce

- 1 c. raw cashews
- ¾ c. water
- Juice of 1 lemon (2 T.)
- 1 T. mild green chiles (2 T. for a bolder flavor)
- ½ t. each: onion powder, garlic powder, salt, honey
- ½ t. cilantro flakes (dried)

Place all ingredients except cilantro flakes in blender and blend until smooth. Stir in cilantro flakes. Adjust seasoning to your taste and enjoy!

Simple Mexican Tater Tots

Homemade Taco Seasoning:

- 1 T. paprika
- 1 t. cumin
- 1 t. onion powder
- 1 t. oregano
- ½ t. garlic powder
- ½ t. corn starch (to absorb moisture and thicken)
- ¼ t. salt

Tater Tot Ingredients: Yield: 15

- 3 Russet potatoes (3 c. shredded)
- ½ t. homemade taco seasoning
- ½ t. salt
- 1 t. olive oil

Directions:

1. Peel potatoes and cover with cold water. Bring to a boil, slightly reduce heat and cook for 7 minutes.
2. Drain and cool. Chop potatoes in small pieces and place in food processor. Add taco seasoning, salt and olive oil. Pulse about 10 times until mixture begins to come together itself.
3. Form into tater tots, using a little water as needed on your hands. Bake at 425° for 15 minutes on parchment-lined tray. Broil an additional 1-2 minutes if desired. Enjoy! Serve with Mexican sauce if desired!

***Notes:** To make Mexican sauce, blend one can of S & W stewed tomatoes, Mexican Style, in your blender, on low speed until slightly chunky. This makes an inexpensive, tasty sauce!

You can also grate the potatoes, add the remaining ingredients, form into tots and bake.

Date Bars

Ingredients for crust:

- $\frac{3}{4}$ c. whole, raw almonds
- $\frac{3}{4}$ c. old-fashioned oats
- $\frac{1}{4}$ t. salt
- 5 Medjool dates, pitted and roughly chopped ($\frac{1}{3}$ c.)
- 2 T. Earth Balance Coconut Spread

Ingredients for date filling:

- 10 Medjool dates, pitted and finely chopped (1 c.)
- $\frac{1}{4}$ c. water
- $\frac{1}{4}$ t. vanilla powder

Directions:

1. Line a square pan with parchment paper. Combine almonds, oats and salt in food processor and process until crumbly. Add in dates and process until crumbly again.
2. Melt the coconut spread in the microwave and add to crumb mixture. Process until mixture begins to come together.
3. Press mixture into pan (reserve $\frac{1}{2}$ c. for topping) and press down firmly.
4. Combine dates and water and microwave for 30 seconds. Add vanilla powder and mash with fork into a paste. Place by spoonfuls on crumb base and spread evenly. Top with remaining crumbs and press down lightly. Place in freezer or fridge to firm up. To make a layered dessert, put a date bar in small bowl, layer vanilla yogurt and fresh pineapple on top! Also good just as they are!

Did You Know?

Organicfacts.net

Medjool dates are often called the king of dates, due to their global availability, and are also the “soft” variety of dates, compared to semi-dry or dry varieties.

People who regularly consume medjool dates find relief from poor digestion, high blood pressure, high cholesterol, osteoporosis, hormone issues, low metabolism, constipation, wound healing, growth and development, vision health, and poor nutrient uptake.