

Cowboy caviar

Ingredients:

1 (15 oz) can of black eye peas
1 (15 oz) can of black beans
½ cup diced green onion
1 red bell pepper diced
1 jalapeno (seeded) and diced
2 Roma tomatoes or 1-pint cherry tomatoes cut in halves
¼ cup olive oil
¼ cup red wine vinegar
2 tablespoons honey

Instructions:

Drain the beans from the liquid in the cans
Whisk together the oil, vinegar and honey to combine
In a large bowl combine the ingredients and mix in the oil vinegar dressing

Optional ingredients:

Corn
Avocados
Rice
Cilantro



Jack Fruit Taco

Ingredients

2 (20ounce) cans of jack fruit in water or brine
2 tablespoons of olive oil
1 yellow onion thinly sliced
2 garlic cloves minced
1 teaspoon chili powder
1 teaspoon cumin
1 teaspoon ground coriander
1 teaspoon smoked paprika
1 teaspoon dried oregano
¼ teaspoon salt
¼ cup vegetable broth
juice and zest from ½ lime

Instructions:

Drain jackfruit from brine
Add jackfruit to a pot of boiling water for 30 minutes
Drain
In a large skillet or pot over medium heat add oil
Sauté onions and garlic until translucent
Add spices and toast briefly
Add jack fruit and vegetable broth
Simmer until evaporated and smash with a potato masher until resembling pulled meat
Add zest and serve

Options:

Avocado
Red onion sliced
Cilantro
Lime wedges

Another method – After boiling and draining, combine all ingredients and lay on a sheet pan. Roast jack fruit mixture at 400 degrees until crispy and brown (about 30 minutes)



Cashew Crema:

Ingredients:

5oz cashews unsalted and unroasted

2 teaspoons apple cider vinegar

2 teaspoons lemon juice

½ cup water

¾ teaspoon salt

½ teaspoon garlic

Instructions:

Soak cashews overnight fully covered in water

Drain cashews

Place fully drained cashews in a blender with the vinegar, lemon juice, salt, garlic and water

Blend until smooth

