

# Fajita Night

## Sweet Potato Tortillas



*One of my family's favorite meals is Fajita Night! My homemade sweet potato tortillas can be wrapped around anything from mashed and seasoned red beans; guacamole with fresh tomato, lettuce and onion; sauteed peppers, onions, and mushrooms; black bean and corn salsa, fresh tomato salsa with cilantro...the list goes on! These are especially great for summer fasts when you pair them with fresh corn on the cob from the farmers market.*

### Ingredients

- 3 medium to large sweet potatoes,
- 1 tsp apple cider vinegar
- ½ cup water
- 1 Tbsp baking powder
- ½ tsp salt
- 1-1 ½ cup white whole wheat flour

### Preparation:

Scrub sweet potatoes, then poke each one several times with a fork and microwave 3 minutes or until tender. Allow to cool.

Peel the potatoes and place them into a mixing bowl. Add the baking powder, vinegar, water and salt and mix until smooth.

Add one cup of the flour, mix well and then add the rest ¼ cup at a time until all stickiness is gone and a workable dough is achieved.

Using a bit of extra flour to coat each, roll the dough into about 12 equal size balls.

Using a rolling pin or a tortilla press, roll or press each ball into a thin disc shape, to form a tortilla, and place it onto a pre-heated nonstick electric griddle. Cook until visibly toasted, about 3-5 minutes on each side, then remove onto a serving plate and cover with a tea towel to keep warm until all are toasted. Serve with stir fried peppers and onions, mashed black or red beans, salsa etc.

#### **Tips: Make Gocchi!**

This very same dough can be made and used to make sweet potato gocchi!!!It's true! Just roll it into a rope about ½ inch in diameter and then cut the rope into 1 inch pieces. Roll each piece off the end of a fork to shape and collect onto a floured, parchment-lined baking sheet. Boil in salted water just until all pieces float, drain and serve with sauteed greens, onions, sage, and mushrooms!

## Unfried Beans

Wet chop in your blender, or finely dice an onion, a bell pepper or two, and/or your favorite fresh, spicy pepper like a pablano, jalapeno, habanero...whatever you like! Drain and place chopped veggies into a saucepan with a few cans of beans (drained and rinsed...again, black, red, whatever you like) and a generous sprinkle of garlic powder, cumin, chili powder of your choice and salt. Add about a half cup of water for each can of beans and simmer until about half of the water is gone, then mash with a potato masher. Taste and adjust the seasonings to your liking and you're good to go!

## Guacamole

Couldn't be simpler! Mash the flesh of a few avocados with a sprinkling of lemon or lime juice and a dash of salt. Enjoy as is, or add chopped fresh tomato, onion, cilantro, etc. as you like.

## Oil-free Vegetable Stir Fry

Stir fry sounds impossible without oil, but it's not! The trick is in the seasoning and the heat!

Cut some onion, bell pepper, pablano peppers, and white mushrooms into strips of approximately equal size. Sprinkle them with salt and place them into a skillet over medium (not high!) heat and watch them carefully as they come up to temperature. The salt will begin to draw out the moisture from the veggies and this is what allows them to cook without sticking. Stir them intermittently and if necessary, you can add a tablespoon of water as they begin to slowly brown.

## Cashew Cream Sauce

½ cup raw cashews (you can even soak them overnight and drain them well to get a really creamy sauce)

½ cup nut milk (we like cashew)

½ cup water

1 Tbsp tapioca flour (double this if you like extra stringy cheese, omit it if you want a lighter sauce)

2 Tbsp nutritional yeast flakes

½ tsp salt

Dash garlic powder

1 tsp lemon juice or apple cider vinegar

This recipe couldn't be easier if you happen to have a really powerful blender. Just drop the ingredients in and blend on high speed for 5-7 minutes until it is thick, hot and ready! In a conventional blender, just blend very, very well, and then cook over medium-high heat for a few minutes until it thickens. Use this recipe over pasta for a great mac and cheese, roasted vegetables like cauliflower or potatoes to make a great gratin, or in a lasagna or vegan pizza!

### Variation: Nacho Sauce!

Using the same method, you can vary it up a bit and make an orange-style sauce to spoon onto tortilla chips like nachos, drizzle over chili, or mix with salsa to make a great dip.

Use the same recipe as above, but add:

a strip of red bell pepper, (or a tsp of paprika)

1 tsp brown sugar                      ... and blend!

### Can't do nuts?

Follow the same recipe, but just leave out the cashews and use hemp milk, oat milk or whatever unsweetened, non dairy milk you choose. The result isn't as creamy, but it's just as satisfying.

## Baked Jackfruit Filling

*This makes a wonderful filling for those tortillas! Serve with a mango salsa and cilantro, or with quick-pickled cabbage (see recipe below). It really is like a fish taco without the fish.*

2 packets Sazon seasoning, or 2 tablespoons of your favorite taco seasoning

2 cans of young jackfruit (canned in brine)

In a shallow baking dish, sprinkle one packet of seasoning. Arrange the jackfruit pieces (drained and rinsed) in the pan, then sprinkle the remaining seasoning over the top, cover the pan with foil and bake at 350 degrees for 30 minutes. Remove the foil and using a fork, press and pull the jackfruit pieces to resemble flaked fish.

**Option:** Add some thinly sliced onions to the bottom of the baking dish along with the seasoning, and then sprinkle a jar of sliced olives brine and all over the top of your jackfruit and bake as usual to serve over rice!

## Sides and Toppings

**Quick-Pickled Cabbage:** I like to finely shred some red cabbage and drizzle a bit of lime juice over it about an hour before dinner. The juice will somewhat wilt the cabbage and make a fresh and colorful addition to your wrap or fajita.

**Black Bean and Corn Salsa:** Combine a can of black beans, drained and rinsed, with a half bag of thawed frozen corn. Add some diced onion, pepper or tomato if you desire, and then add the juice and zest of one lime and a dash of salt and enjoy!

**Mexican Quinoa :** Couldn't be simpler in a rice cooker! Add a cup of quinoa, rinsed and drained, to a cup of water, half a cup of prepared salsa, a tsp of salt and a tsp of taco seasoning to your rice cooker! Or cook it on the stove over medium heat for 12-15 minutes until tender.

**Toasted Pumpkin Seeds:** you can dry toast seeds like pumpkin, sunflower, or sesame by placing them into a skillet over medium-high heat if you keep pan moving or stir the seeds constantly.

**Chopped Herbs:** Cilantro and scallions are favorites on our buffet

**Lime Wedges:** Somebody always wants extra lime!