



Black Bean and Avocado Hummus

- 1 Garlic Clove
- 3 Cups (2 Cans) Black Beans, rinsed and drained
- 2 TB Fresh Lime Juice
- 1 Avocado, skin removed and flesh scooped out
- Sea Salt to Taste
- ¼ Cup Sesame Seeds, Chopped Peanuts, Cilantro or Cheese for topping

Add the ingredients from the garlic to the avocado to a food processor and blend until smooth. Add salt to taste and garnish with sesame seeds or you choice of topping.

Handmade Corn Chips

- 8 Corn Tortillas (my favorite is El Milagro, made with just three ingredients: corn, water and lime.)
- Olive Oil Spray or 1 TB Extra Virgin Olive Oil
- Sea Salt
- Smoked Paprika (or choose your favorite spice blend)

Preheat oven to 400F. Cut tortillas into four pieces. Spray or toss chips with oil. Place in single layer on sheet pan and cook for about 5 minutes. Remove and flip over. Slide back into oven and cook for 3 – 5 minutes or until golden brown. Remove and immediately toss with salt and seasoning as desired.



Mexican Inspired Fresh Corn Salad

- 1 TB Mexican Chili Powder
- 2 tsp Cumin
- 1 tsp Dijon Mustard
- 2 Limes, juiced
- ¼ Cup Extra Virgin Olive Oil
- ¼ Cup Avocado or Olive Oil Mayonnaise
- Sea Salt and Freshly Ground Black Pepper to taste
- 2 Cups Grape Tomatoes, Quartered
- 2 TB Minced Red Onions
- ¼ Cup Chopped Pickled Jalapeños
- 6 Ears of Corn, or 6 Cups Frozen Corn
- 1 Head Romaine Lettuce, shredded
- 1 Cup Chopped Roasted Red Peppers
- 3 TB Minced Cilantro

Step One

In a large bowl or jar, combine chili powder, cumin, mustard and juice. Whisk in oil and mayo. Salt and pepper to taste.

Step Two

Toss tomatoes, onions, jalapeños, and corn with the dressing. Serve on a bed on shredded Romaine and garnish with chopped red peppers and cilantro.



Pork Tenderloin with Chocolate Chili Rub

- 1 TB Chili Powder
- 1 TB Unsweetened Cocoa Powder
- 1 TB Dark Brown Sugar or Piloncillo
- 1 Tsp Cumin
- 1/2 Tsp Cinnamon
- 2 Tsp Sea Salt
- 1/2 Tsp Freshly Ground Black Pepper
- 1 Pork Tenderloin

Whisk together all the ingredients in a small bowl. Add ¼ of the rub to a ziplock bag, reserve the rest in a jar. Roast the pork tenderloin at 400F until done – 145F on an instant read thermometer. Remove from the oven, set aside for 10 minutes. Slice and serve on top of Yellow (Brown) Rice,

Yellow (Brown) Rice

- 1 tsp Turmeric
- ¼ tsp Cumin
- ¼ tsp Black Pepper
- Pinch Cinnamon
- 1 TB Olive Oil
- 1 Cup Long Grain Brown Rice
- 2 Cups Water
- ½ tsp Sea Salt
- ½ Cup Pumpkin Seeds

In medium saucepan sauté and stir turmeric, cumin, pepper and cinnamon in oil over low heat until fragrant or about 1 minute. Add rice, water, and salt. Stir, bring to boil and cover. Reduce heat to low. Cook covered for about 30 minutes (without stirring until water is absorbed and rice is tender). Sprinkle with pumpkin seeds.