

EASY HEALTHY MEXICAN FOOD

Cooking Class with Chef Tim James

HARDSHELL TACOS - NACHOS - GUACAMOLE - CREAMY HERB DRESSING

TACOS:

Siete Grain Free Taco Shells

Cauli Crumbles

Avocado

Onion

Cilantro

Lime

Cumin, Coriander, Chili Powder, Garlic Granules, Dulse Granules, Braggs Aminos or Himalayan Salt, Cayenne Pepper

NACHOS:

Siete Grain Free Tortilla Chips

Refried or Pinto Beans

Cauli Crumbles

Siete Cashew Queso Dip

Violife Feta Cheese (or Violife Cheddar Shreds)

Avocados

Onion

Sprouts

Jalapeno Pepper

Cilantro

Lime

Cumin, Coriander, Chili Powder, Garlic Granules, Dulse Granules, Braggs Aminos or Himalayan Salt, Cayenne Pepper

GUACAMOLE:

Avocados

Red and or White and or Yellow Onion

Cilantro

Lime

Cumin, Coriander, Garlic Granules, Dulse Granules, Braggs Aminos or Himalayan Salt, Cayenne Pepper

CREAMY HERB DRESSING:

Veganaise

Herb(s) of choice

Lemon Juice

Onion Granules, Garlic Granules, Dulse Granules