

NACHO BAKED POTATOS

with Wendy Onjukka

Meal Kit / Ingredients

Feeds 4 People

4 large Russet Potatoes
2 cans CADIA Black Beans
1 container of Dianne's Salsa
1 large Avocado
3 Tomatoes on the vine
1 bag of Cilantro
1 Lime
1 Sweet Onion
1 head of Garlic
1 bag of Salad Mix
1 Cucumber
1 bag of Sprouts
1 container of Grape Tomatoes

Spices NOT included in meal kit: Sea Salt, Cumin, Red Pepper Flakes.

Instructions for Baking Potatoes

Wash potatoes and cut them in half the long way. Drizzle olive oil over them, then lay face down on a baking sheet or baking stone. Bake at 400, about 20 minutes, or until tender.

Instructions for Guacamole

Mash avocado in a medium-size bowl. Add teaspoon of Lime Juice. Add half teaspoon of Cumin. Add half teaspoon of Sea Salt. Mince and add two cloves of Garlic. Add red pepper flakes (optional).

Instructions for Pico De Gallo

Chop tomatoes, onion and cilantro in a large bowl. Add one teaspoon of lime juice. Add 1/4 teaspoon of Cumin. Add 1/2 teaspoon of Sea Salt. Mince and add two close of garlic. Add red pepper flakes or jalapeno to taste (optional).

Instructions for Plating your NACHO BAKED POTATOES

Place the potato on your plate, mash it down a bit and add beans, pico de gallo, guacamole, salsa and then any optional toppings. Optional toppings: olives, vegan cheese, vegan sour cream, or jalapeno.

Instructions for Green Salad

Place salad mix in a large bowl (rinse optionally). Cut and add cucumber and tomato. Add sprouts. Add salad dressing of your choice. *Salad dressing NOT included in meal kit. Optional instructions and ingredients for Aila's Dressing upon request.*