

Dish

January 2022

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World's Best Nachos

- 1 bag cassava chips
- 1 Hilary's World's Best Veggie Burger
- 1 jar vegan queso
- 1 15-ounce can black beans, drained
- 1 cup guacamole
- 1 cup salsa
- ¼ cup jalapeños and red onion, diced
- 2 dollops of vegan sour cream
- cilantro as garnish
- hot sauce
- lime

Heat up black beans in a small saucepan and season with a little sea salt. Prepare guacamole by mashing your avocado with lime juice and sea salt. Adjust seasonings as needed. Cook Hilary's World's Best according to instructions and crumble up. Warm up vegan queso. Arrange your chips on a large serving platter and add toppings in desired order. Enjoy immediately!

hilaryseatwell.com



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Dark Chocolate Sea Salt Energy Bites

- 1 1/2 cups Medjool dates pitted (about 15 each, 9 oz)
- 3 tablespoons cacao powder
- 1 tablespoon almond butter
- 1/4 teaspoon sea salt
- 1/4 teaspoon cinnamon
- 2 cups hemp hearts
- water as needed for binding
- 4 oz dark chocolate
- flaked sea salt to garnish

Using a food processor, add the dates and process until broken apart and sticky, about 30 seconds. With the food processor running, add the remaining ingredients (minus the hemp hearts and chocolate) and process until a dough begins to form. You should be able to pinch it between your fingers and it will stay together. Pulse in the hemp hearts. Add water by teaspoons if needed to maintain sticky texture. Form the dough into one-inch diameter sized pieces (you should get around 40 balls). Place the ball on a parchment lined baking sheet and set aside. Melt the chocolate. Once melted, dip the top of each ball into the melted chocolate and return them to the baking sheet. Sprinkle with sea salt flakes while the chocolate is still shiny. Allow energy balls to chill in the refrigerator for 30 minutes until chocolate has set, then serve. Store in an airtight container in the fridge for up to 5 days.

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PERinaise Potato Salad

- Ingredients:**
3/4 cup PERinaise
3 lbs yellow potatoes
4 eggs
3 tbsp Dijon mustard
1/4 cup sweet relish
2 celery sticks, finely chopped
1 bunch of green onions, sliced
1 tsp garlic powder
Black pepper
1/4 tsp paprika

- Directions:**
1. Cut potatoes into bite sized pieces. Skins on or off is up to you. Cook in a large pot of boiling salted water for about 12 minutes, until they are fork tender. Drain and leave to cool.
2. While potatoes are cooking, hard boil the eggs in boiling water for 7 mins. When done, cool in ice water, peel off the shells and roughly chop.
3. Stir together the PERinaise, mustard, relish, whites of the onions, chopped celery, garlic powder and black pepper. Gently fold in the cooked potatoes and chopped egg.
4. Serve in a bowl and sprinkle with chopped onion greens and paprika. Enjoy!



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Going grain free meant that this third-generation Mexican-American family from South Texas could no longer eat many of their favorite foods. So, Veronica began to create grain free dishes her whole family could enjoy.

When their Grandma Campos said that Veronica's first creation, a grain free almond flour tortilla, tasted better than her own homemade flour tortillas, the family realized they had something special. In 2014, with their grandma's stamp of approval, Siete was born.



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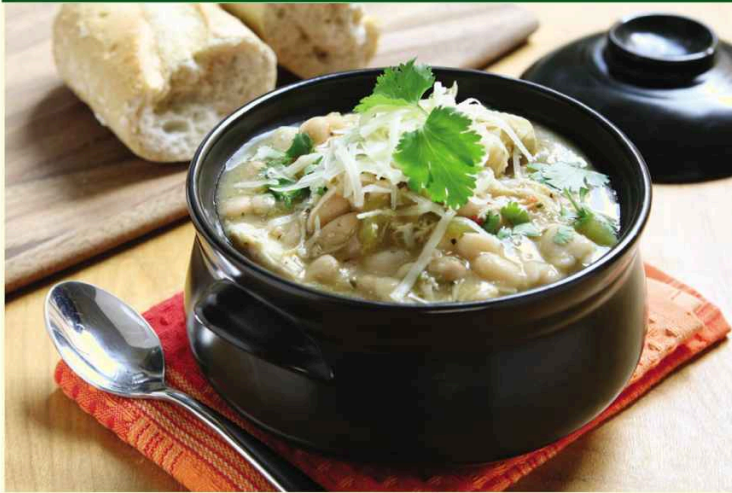
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White Chicken Chili

- 2 cans (19 oz each) white beans, drained and rinsed
- 2 Tbsp olive oil
- 1 onion, diced
- 1 poblano pepper, seeded and diced
- 1 jalapeño pepper, seeded and diced
- 2 cloves garlic, minced
- 1 Tbsp taco seasoning
- 2 Tbsp Better Than Bouillon Roasted Chicken Base
- 2 cups shredded cooked chicken
- 1 pkg (8 oz) plain brick-style cream cheese, cut into cubes
- 1 ripe avocado, halved, pitted, peeled and sliced
- 2 Tbsp finely chopped fresh cilantro
- 4 cups tortilla chips

Mash 1 cup beans; set aside. Heat oil in large saucepan set over medium heat; cook onion, poblano and jalapeño peppers, garlic and taco seasoning for 3 to 5 minutes or until vegetables start to soften. Stir in mashed beans, whole beans, Roasted Chicken Base and 4 cups water; bring to boil. Reduce heat to simmer. Stir in shredded chicken; simmer for 15 minutes. Stir in cream cheese; cook for 3 to 5 minutes or until melted and creamy. Top chili with avocado and cilantro. Serve with tortilla chips. Garnish with shredded Monterey Jack cheese if desired.

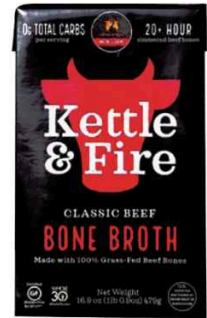
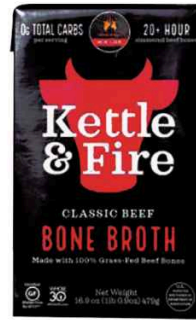
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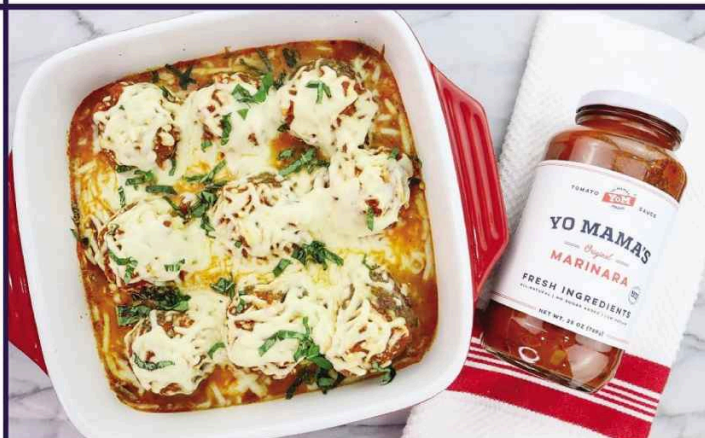


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*Creative
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Pumpkin Gnocchi with Butter Sage Sauce

- 1 (8.82-ounce) DeLallo Potato Gnocchi
- 1 1/2 cups water
- 1/2 cup canned pumpkin
- 1 teaspoon salt
- 1 teaspoon nutmeg
- 2 teaspoons lemon zest
- 1/2 cup flour for dusting
- 1 1/2 cups butter
- 10 sage leaves
- balsamic vinegar, for drizzling (optional)
- parmigiano reggiano cheese

Making Dough:

Combine package contents with water, pumpkin, salt, nutmeg and lemon zest in a small mixing bowl. Stir with a fork until dough begins to form. Knead by hand until the dough no longer sticks. Transfer to a lightly floured surface and form into a loaf shape. Keep surface and dough lightly floured at all times to prevent sticking.

Forming Dough:

Use a knife to cut dough into 1 inch strips. Roll out each strip by-hand into long ropes. Cut each rope into 1 inch pieces. Optional: To create gnocchi's signature ridges, press the back of a fork into each piece.

Cooking Gnocchi:

Bring a large pot of salted water to a boil. Add gnocchi and cook for 3-5 minutes. The gnocchi are finished once they float to the top. Meanwhile, in a saucepan on medium low heat, melt butter. Once melted, add sage leaves and stir. Toss finished gnocchi with butter sage sauce to incorporate. On medium heat, cook together for approximately 2 minutes. For best taste and texture, allow gnocchi to "sit" in their sauce once cooked for about 5 minutes. To serve, drizzle with balsamic vinegar and sprinkle with shaved Parmigiano Reggiano.

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