

JACKFRUIT

- 1 can jackfruit
- Drain and pull apart
- Mix following items in large bowl with jackfruit
- ½ cup of salsa
- 1 tbs of lime
- 1 tbs lemon pepper
- Heat pan with 1tbs of oil, put jackfruit in
- pan and cook 4 minutes each side, or until golden brown

TOPPINGS

- Onions
- Cilantro
- Avocado
- Lettuce (of choice, we like arugula)

OG

- ½ cup of quinoa
 - 1 cup of water
 - Bring to a boil
 - Turn down to a low simmer
 - Set a timer for 12 minutes
 - Once water has been absorbed by quinoa, add 1 tbsp of taco seasoning
 - Add 1 can of strained black beans
 - Add 1 more tbsp of seasoning
 - STIR
 - Keep on low until tacos are complete
- ### TOPPINGS
- Red bell pepper
 - Jalapeno pickled or fresh
 - Onions
 - Cilantro
 - Lettuce
 - Avocado
 - Cheese (Follow Your Heart Cheddar)
 - Hot sauce

Buffalo

- 1 can of chickpeas drained
- Heat small pan
- Cook chickpeas until slightly brown
- Pour into bowl and add buffalo sauce (we prefer red's)

TOPPINGS

- Cilantro
- Celery
- Avocado
- Ranch (we like just ranch 😊)
- Cheese (Follow Your Heart Cheddar)

Tortillas

- Heat a generous amount of oil, enough to cover bottom of pan
- Heat until it starts sizzling
- Place tortilla in pan
- Add “meat” and fold tortilla into taco shape until desired crispness.