



# HISPANIC HERITAGE MONTH

## Tortillas

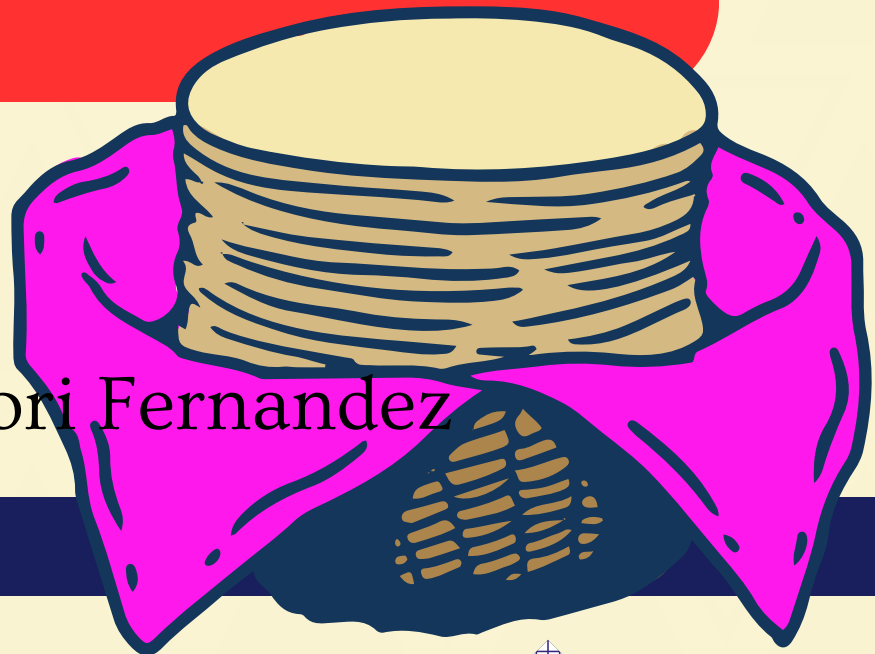
Growing up, corn tortillas were a staple in our house. Our family went to a Mexican food store to buy a grocery bag of warm, freshly made tortillas. The aroma was beautiful and they froze well. Try visiting a local Mexican food store to find fresh tortillas. If you are lucky you might find just the dough and press your own tortillas.

## Chorizo Eggs

My dad was born in Mexico, and he loved chorizo. One of his favorite ways to use chorizo was to fry it with some scrambled eggs. He serve the eggs in a toasted tortilla. Feel free to add vegetables and cilantro to your eggs!

## Spicy Black Beans with Lime and Honey

Beans are a staple in Hispanic cooking. This recipe uses many flavors to please our taste buds, spicy, sweet and sour. Another benefit is these beans can be served many ways; as a side dish, pureed into a dip, used in a taco, enchilada, omelet, tamale, burrito, quesadilla ,as a topping for a salad, or as a base for soup.



GWAAR Nutrition Team member Lori Fernandez



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## Charred Tortillas

To toast tortillas, use the burner on your gas stove. Grab your tortilla with tongs or your fingers place over flame for about 30 seconds, flip and toast the other side for another 30 seconds. It will be ready to add great flavor and pliable to work with for use.

Watch the QR video to see how to char a tortilla



## Chorizo Eggs

Heat oil in a frying pan, add chorizo, and cook through, stirring for about 5 minutes. Add chopped onion, sauteing in chorizo for about 3 minutes, then add peppers and tomatoes as desired. Let veggies saute for another 3 minutes. Add beaten raw eggs to the frying pan until cooked but still soft—about 4 minutes. Remove from pan and garnish with cilantro or cheese. Serve immediately.

## Spicy Black Beans with Lime and Honey

- 2 Cups black beans (if canned, rinse and drain)
- 2 Tablespoons olive oil
- 1/2 Red onion, diced
- 1 colored pepper- diced
- 2 Cloves garlic, minced
- 1 Tablespoon cumin
- 1 Tablespoon chili powder
- 1 Teaspoon garlic powder
- 1 Teaspoon onion powder
- 1/2 Teaspoon pepper
- 2 Teaspoons salt
- 1/4 Teaspoon red pepper flakes
- 1/4 Cup vegetable stock
- 3 Tablespoons honey
- 2 Tablespoons fresh lime juice
- 2 Tablespoons minced cilantro
- Preheat large fry pan to warm. Add olive oil until warm and saute onions for 3 - 4 minutes. Add cumin and saute until fragrant (about a minute). Next add peppers, garlic and zucchini if using, and saute for another 4 minutes. Add beans, chili powder, onion powder, garlic powder, red pepper flakes, salt, pepper, honey and stock. At this time, add greens, cooked meat or tomatoes. Simmer for 5 minutes. Finish with fresh lime juice and cilantro. Use your favorite way!
- Optional Add ins:
  - 1/2 Cup diced zucchini
  - 1 Cup diced tomatoes
  - 1# Ground meat cooked (hamburger, sausage, chorizo)
  - 2 Cups greens (spinach, kale, etc.)