**Black Bean Cheesy Burritos** Serves: 4

4 flour tortillas (12 inch) 1 jalapeno pepper, minced

4 tablespoons vegetable oil 6 ounces cream cheese

½ onion, chopped 1 teaspoon salt

½ red bell pepper, chopped 4 tablespoons chopped fresh cilantro

2 cloves garlic, minced

1 (15 ounce) can black beans, rinsed and drained

1. Wrap tortillas in foil and place in oven heated to 350 degrees F. Bake for 15 minutes or until heated through.
2. Heat oil in a large skillet over medium heat. Place onion, bell pepper, garlic, and jalapeno in skillet, cook for 2 minutes stirring occasionally. Pour beans into skillet; cook 3 minutes, stirring occasionally.
3. Cut cream cheese into cubes and add to skillet with salt. Cook for 2 minutes stirring occasionally.
4. Stir cilantro into mixture.
5. Spoon mixture evenly down center of warmed tortilla and roll tortillas up burrito style.

**Curried Tofu with Brown Rice** Serves: 4

1 package (14 ounces) extra firm tofu, drained and cubed

1 teaspoon salt

1 tablespoon canola oil

1 small onion, chipped

3 garlic cloves, minced

½ cup light coconut milk

¼ cup minced fresh cilantro

1 teaspoon curry powder

¼ teaspoon salt

¼ teaspoon pepper

2 cups cooked brown rice

1. Sprinkle tofu with salt. In a large nonstick skillet coated with cooking spray, sauté tofu in oil until lightly browned. Remove and keep warm.
2. In the same skillet, sauté onion and garlic for 1 -2 minutes or until crisp tender. Stir in the coconut milk, cilantro, curry, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 4-5 minutes or until sauce is slightly thickened. Stir in tofu; heat through. Serve with rice.

**Greek Pasta with Tomatoes and White Beans** Serves: 4

1 can (14.5 ounces) Italian style diced tomatoes 5 ounces fresh spinach, washed and chopped

½-1 can (9 or more ounces) cannellini beans, drained and rinsed

2 cloves garlic minced ½ cup crumbled feta cheese

1 t. oregano 1 Tablespoon Olive oil

1 t. basil 2 cups dry penne pasta

1. Cook the pasta in a large pot of boiling salted water until al dente.
2. Sauté the garlic in the olive oil in a large skillet.
3. Add the tomatoes, beans, oregano, and basil.
4. Bring to a boil over medium high heat. Reduce heat and simmer 10 minutes.
5. Add cooked pasta and chopped spinach. Cook for 2 minutes or until spinach wilts, stirring constantly.
6. Sprinkle with feta, serve immediately.

**Linguini Primavera** Serves: 4

8 oz. Linguini

1 cup coarsely chopped broccoli

¾ cup thinly sliced carrots

1 clove garlic, minced

1 Tablespoon olive oil

1 cup chopped Roma or cherry tomatoes

¾ cup green, red or yellow bell peppers, diced

1-2 Tablespoons olive oil

2 Tablespoons half and half or cream

¼ cup grated Parmesan cheese, divided

1. Bring 2 quarts of water to a boil in a large pot.
2. Add pasta slowly to the boiling water. Cook, uncovered, for 4 minutes.
3. Add broccoli and carrots. Continue cooking for 4 to 6 minutes or until pasta reaches the al dente stage and the vegetables are tender-crisp, stirring occasionally.
4. Sauté the garlic and bell peppers in the 1 T. olive oil in a large skillet until peppers are tender.
5. Drain pasta and vegetables.
6. Pour pasta mixture over garlic oil and peppers mixture in large skillet and toss to combine.
7. Add fresh tomatoes, 2 T. olive oil, half and half, and 2 Tbsp. of the cheese. Toss to combine.
8. Pour into a bowls. Sprinkle with remaining cheese. Serve hot.

**Maybe replace with ????Honey Ginger Tofu and Veggie Stir Fry** Serves: 4

For Stir Fry: 2 tablespoons canola oil

1 pkg. (14 ounces) extra firm tofu

2 cups chopped broccoli

2 cups shredded carrots

3 green onions, minced

For the garlic ginger stir fry sauce: 3 cloves garlic

2 tablespoons fresh ginger

2 tablespoons honey

½ cup low sodium soy sauce

¼ cup water

¼ cup rice wine vinegar

¼ cup canola oil

2 cups of cooked brown rice

1. Tofu: cut the tofu into slices and press with a paper towel to remove excess moisture. Wait a few minutes and press again – there is a lot of water! Cut the tofu slices into small cubes. Heat the oil in a large nonstick skillet over medium heat. When the oil is shiny add the tofu. Pan fry the tofu until golden brown. Remove from the pan and rain on paper towel lined plates.
2. Sauce: Puree all the sauce ingredients together in a food processor until smooth.
3. Veggies: Return the pan to the heat and add the broccoli with ¼ cup stir fry sauce. When the broccoli is cooked but still slightly crisp, add the carrots and toss together. Add the tofu into the veggie pan and cover with more sauce to taste. Sprinkle with green onions and serve.

**Sweet Potato Burritos** Serves: 4

½ tablespoon vegetable oil 1 teaspoon prepared mustard

½ onion, chopped pinch cayenne pepper, or to taste

2 cloves garlic, minced 1 ½ tablespoons soy sauce

1 can kidney beans, drained 1 cup cooked and mashed sweet potatoes

¼ cup water 4 flour tortillas, (12 inch), warmed

1 Tablespoon chili powder, or to taste 1 teaspoon ground cumin

1 cup shredded cheddar Cheese

1. Preheat oven to 350 degrees F.
2. Wrap tortillas in foil and place into oven until warm.
3. Heat oil in a medium skillet and sauté onion and garlic until soft.
4. Stir in beans and mash beans into the onion mixture.
5. Add sweet potato mash to mixture.
6. Gradually stir in water and heat until warm.
7. Remove from heat and stir in the chili powder, cumin, mustard, cayenne pepper and soy sauce. Taste and add more seasoning if needed.
8. Divide warm bean/sweet potato mixture evenly between the 4 warm flour tortillas. Top with cheese. Fold up the tortillas burrito style. Serve immediately.

**Bean and Cheese Quesadillas** Serves: 4

1 tablespoon vegetable oil 1 tomato, chopped

½ onion, finely diced 1/3 cup frozen corn

2 cloves garlic, minced ½ jalapeno, minced

½ can (7 ounces) pinto beans, rinsed and drained ½ can (7ounces) refried beans

½ green bell pepper, chopped chili powder, cumin, pepper flakes, etc

1 cup shredded cheddar cheese 4 flour tortillas (12 inch)

1. Heat 1 tablespoon oil in a skillet over medium heat and sauté the onion and garlic until soft.
2. Mix in the beans, bell pepper, jalapeno, tomatoes, refried beans, and corn; cook until heated through.
3. Season mixture to taste with your choice of chili powder, cumin, pepper flakes, salt, pepper, etc.
4. Spread 2 of the tortillas with equal amounts of the bean and vegetable mixture. Sprinkle with equal amounts of the cheddar cheese, and top with the remaining tortillas to form the quesadillas.
5. Heat a large skillet over medium-high heat. If you don’t mind adding fat…add a little fat of choice to the pan in order to fry the quesadillas or use a dry pan and warm the quesadillas.
6. Place quesadillas in the skillet and cook, turning once, until cheese is melted and both sides are lightly browned.
7. Remove from pan onto cutting board. Cut quesadilla into 6 sections. Enjoy plain or with sour cream and salsa.