

# Kapur Cuisine™

*All recipes require an electric skillet.*

## Mexican/Spanish Recipes



*Photo by María Orlova, Pexels*

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### *Disclaimer*

***The information provided in this document is meant for educational use only and is not a substitute for professional medical diagnosis, advice, or treatment. Products do not provide medical advice, diagnosis, treatment, cure, or prevent any disease. Always seek the advice of a qualified physician or other qualified health professionals with any questions related to any medical condition and before embarking on any nutrition, supplement, diet, or other health-related programs.***



*Image by Arturo Daniel Arias, Pixabay*



# Kapur Cuisine™

## *Mexican Dishes*



## Nutrition & Covid-19

**HARVARD, T.H. Chan School of Public Health:** “We have known for a long time that nutrition is intricately linked to immunity and to the risk and severity of infections. Poorly nourished individuals are at a greater risk of various bacterial, viral, and other infections... Indeed, consuming good quality diets is always desirable, and this is particularly important during the COVID-19 pandemic.”  
<https://www.hsph.harvard.edu/nutritionsource/2020/04/01/ask-the-expert-the-role-of-diet-and-nutritional-supplements-during-covid-19/>

“There’s an important relationship among your nutritional status, immune health, risk of infection, and ability to recover from illness... These foods won’t prevent you from contracting the novel coronavirus or cure the disease, but they have been shown to support immune health.” healthline, Feb 25, 2022. Healthline

- Canned Light Tuna
- Carrots
- Cashews
- Cauliflower
- Chia Seeds
- Collard Greens
- Flax Seed
- Herring
- King Mackerel
- Oyster, Canned
- Pumpkin Seeds
- Red Bell Pepper
- Salmon
- Sardine
- Spinach
- Sweet Potato
- Tomatoes
- Walnuts

## Gut Microbiome and Immunity\*

“Our gut is packed with some 60 to 70 percent of the body’s immune cells (microbiome), meaning it functions as the immune system’s “control tower” while still serving as a digestive organ.” Keiko Iguchi, 2/22/19, Newsweek.

As food travels through our gut, the microbiome converts it into chemicals that power our immune system. “Subtle changes in gut health can have a powerful effect on how you look and feel, says Megan Rossi, a research fellow at King’s College London and author of *Love Your Gut*. In addition, research has linked an imbalance of gut bacteria to more than 70 chronic diseases.” Here’s what you’ll get from feeding your bacteria well.

1. You’ll lose weight
2. You’ll get stronger
3. You’ll think more sharply
4. You’ll sleep better
5. You’ll ease belly woes
6. You’ll catch fewer colds
7. You’ll just plain feel better

\* The information is extracted from “What to Eat to Improve Your Gut Health.” Clint Carter, AARP, December 14, 2020. See [AARP](#).

## Mediterranean Diet

The Mediterranean diet may prevent memory loss and dementia. The diet is simple plant-based cooking, with each meal focused on fruits and vegetables, whole grains, beans, and seeds, with a few nuts and a heavy emphasis on extra-virgin olive oil. And say *farewell* to refined sugar and flour. Red meat can make a rare appearance, but usually only to flavor a dish. Instead, meals include eggs, dairy, and poultry in much smaller portions than in the Standard American Diet. In addition, fatty fish – wild salmon, sardines, albacore tuna, lake trout, and mackerel loaded with brain-healthy omega-3 fatty acids – is eaten at least twice a week. Adopting the fare of the sunny region will also help reduce the risk for diabetes, depression, high cholesterol, heart disease, stroke, and some cancers. Sandee LaMotte, CNN, May 5, 2021

## DASH Diet

According to the CDC, “Nearly half of adults in the United States have hypertension (high blood pressure), resulting in close to half a million deaths annually.” A serious situation indeed. *U.S. News and World Report* consistently ranks the DASH Diet, developed in the 1990s by the National Institutes for Health (NIH), as the “best overall” diet for managing hypertension. It emphasizes foods lower in sodium and rich in potassium, magnesium, and calcium — nutrients that help lower blood pressure.

It incorporates plenty of vegetables, low glycemic index fruits, whole grains, and beans, minimally processed nuts and seeds, fatty fish, small quantities of lean meats, low-fat dairy products, and avoiding sweets and sugary beverages. Additionally, it may also help you lose weight and lower cholesterol. Listed below are the core ingredients of the DASH diet:

- Almonds – calcium, fiber, magnesium, and manganese.
- Amaranth – fiber, magnesium. And manganese.
- Beans – fiber, magnesium, and potassium.
- Beets and beet greens – fiber, folate, manganese. We prefer baby beets.
- Berries – antioxidants, including anthocyanins
- Broccoli – flavonoid antioxidants.
- Canned salmon – calcium.
- Carrots – chlorogenic, *p*-coumaric, and caffeic acids.
- Celery – phytochemical called phthalides.
- Chia and flax seeds – potassium, magnesium, and dietary fiber.
- Citrus fruits – vitamins and minerals.
- Edamame – calcium.
- Fatty fish – omega-3.
- Greek yogurt – potassium and calcium.

- Herbs and spices – blood-pressure-lowering potential.
- Pistachio – potassium.
- Poppy seeds – calcium.
- Potassium – aim for 4,700 mg a day.
- Pumpkin seeds – magnesium, potassium, and arginine.
- Reduce fats – by 1 tablespoon daily.
- Reduce salt – lower daily sodium to 1,500 mg a day.
- Spinach – nitrates, antioxidants, potassium, calcium, and magnesium.
- Swiss chard – potassium and magnesium.
- Tomatoes – potassium and the carotenoid pigment lycopene.
- White beans – calcium.

“Our study represents some of the strongest evidence that (DASH) diet directly impacts cardiac damage, and our findings show that dietary interventions can improve cardiovascular risk factors in a relatively short time period.” Stephen Juraschek, Beth Israel Deaconess Medical Center and Harvard Medical School.

## MIND Diet: What to Eat to Reduce Your Risk of Alzheimer’s Disease

*The following information is extracted from an article by Melinda Wenner Moyer that appeared in Eating Well and from the following sites:*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532650/> <https://pubmed.ncbi.nlm.nih.gov/28722952/>,  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4042564/>, <https://selfhacked.com/blog/mind-diet/>

**MIND** stands for the **M**editerranean-DASH Intervention for **N**eurodegenerative **D**elay. It combines aspects of the Mediterranean and the DASH (Dietary Approaches to Stop Hypertension) diets to help improve brain function and prevent dementia. The MIND diet combines foods from the Mediterranean and DASH diets shown to benefit brain health. There are no set guidelines for calorie intake by the MIND diet. Eat more of the ten foods the diet encourages you to eat, and eat less of the five foods the diet recommends you limit.

### Foods MIND Diet Encourages:

1. **Green, Leafy Vegetables:** Six or more servings per week; serving size 1 cup raw, ½ cup cooked.
2. **All Other Vegetables:** Try to eat another non-starchy vegetable in addition to the green leafy vegetables at least once a day; serving size: 1 cup raw, ½ cup cooked.
3. **Berries:** Eat berries – strawberries, blueberries, raspberries, and blackberries – at least twice a week; serving size: ½ cup.
4. **Nuts:** Five servings of nuts (unfried and unsalted) or more each week; serving size: ⅓ cup.
5. **Olive Oil:** Use olive oil as your primary cooking oil.



6. **Whole Grains:** At least three servings daily; serving size: ½ cup.
7. **Fish:** Eat fatty fish – salmon, sardines, trout, tuna, and mackerel – at least once a week; serving size: 3 oz cooked.
8. **Beans:** At least four times every week; serving size ½ cup cooked.
9. **Poultry:** Chicken or turkey at least twice a week; serving size 3 oz cooked.

## **Foods to Avoid**

1. **Butter and Margarine:** Less than one tablespoon daily.
2. **Cheese:** Less than once per week.
3. **Red Meat:** No more than three servings each week.
4. **Fried Food:** No more than once per week; preferably none.
5. **Pastries and Sweets:** No more than four times a week.

## **T2 Diabetes Management**

Here are a few alarming statistics about the U.S.

- Estimated 34.2 million people have diabetes.
- Estimated 7.3 million adults ages 18 years or older have diabetes but are undiagnosed.
- Estimated 88 million adults ages 18 years or older have prediabetes.
- Among adolescents ages 12 to 18 years, more than 1 in 6 have prediabetes.

*Prediabetes is a serious health condition where blood sugar levels are higher than normal but not high enough to be diagnosed with type 2 diabetes.*

A diet rich in healthy vegetables, fruits, proteins, and antioxidants can help manage blood sugar with significant health benefits. A dietitian can make specific recommendations for individuals based on their profiles. However, certain foods maintain healthy blood sugar levels: Beans, berries, fatty fish, green leafy vegetables, nuts & seeds, and whole grains. Given below is a comprehensive list of these items:

### **Beans**

- Adzuki Beans
- Black Beans
- Garbanzo Beans
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pinto Beans
- Red Beans



- Soy Beans

### **Berries**

- Blackberries
- Blueberries
- Raspberries
- Strawberries

### **Fatty Fish**

- Albacore Tuna
- Herring
- Mackerel
- Salmon
- Sardines
- Trout

### **Green Leafy Vegetables**

- Arugula (Rocket)
- Beet Greens
- Bok Choy
- Broccoli
- Cabbage
- Collard Greens
- Dandelion Greens
- Endives
- Kale
- Mustard Greens
- Rapini
- Spinach
- Swiss Chard
- Turnip Greens
- Watercress

### **Nuts & Seeds**

- Almonds
- Chia Seed
- Flax Seed
- Pistachio
- Walnuts

## Whole Grains

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Bulgur
- Freekeh
- Millet
- Quinoa
- Rye
- Spelt
- Teff
- Whole Farro
- Whole Grain Sorghum
- Whole Wheat Couscous

## Anti-Inflammation

Inflammation refers to the body's reaction to harmful elements that damage it – infections, injuries, and toxins. When something damages our cells, the body releases chemicals that trigger a response from the immune system to heal itself. Ironically, inflammation can be both positive and negative.

- **Positive:** It helps the body defend itself from infection and injury.
- **Negative:** Persistent (chronic) inflammation can lead to Alzheimer's, arthritis, cancer, depression, diabetes, and heart disease.

One of the best ways to reduce inflammation is to commit to unprocessed foods with minimal added sugar – vegetables, fruits, whole grains, beans, lentils, fish, poultry, nuts, seeds, low-fat dairy, olive oil, spices, and herbs.

*We are glad to state that Kapur Cuisine™ incorporates the core values of Mediterranean, DASH, MIND, T2 Diabetes management, and anti-inflammatory diets to prepare wholesome and tasty meals.*

## Kapur Cuisine™

Simple and refined carbohydrates, with a fast rate of digestion, result in the rapid rise of blood sugar levels, leading to a quick surge in energy followed by a sudden energy crash – the classic blood sugar seesaw. Conversely, complex carbohydrates take longer to digest, resulting in slow, steady, and sustained energy. When complex carbohydrates are combined with healthy proteins and high-quality fats, you have the ideal nutritionally-balanced meals. Kapur Cuisine™ incorporates preparing wholesome and tasty meals that require minimal cooking skills.

- **Balanced:** It provides a good mix of healthy proteins, complex carbohydrates, vitamins, and trace minerals.
- **Sustainable:** It is not regimented or overly restrictive and can be followed easily.

- **Convenient:** It does not require advanced cooking skills; ingredients are readily available and cost-effective.

## Electric Skillet

We use an electric skillet with a *glass lid*; a 12" x 12" skillet works well for two to four people; a 12" x 16" skillet for four or more; round skillets are also available. The cooking process is *not suitable* for stovetop cooking.

An essential step to developing good flavor and mouthfeel for vegetables is caramelization; this draws the natural sugars out and creates a sweet, nutty flavor. Typically, caramelization requires a long cooking time stirring and turning, which is not for the faint of heart. However, through experimentation, I found out that if one adds a bit of cooking oil and uniformly sliced vegetables to a heated electric skillet and *covers it* (no stirring), caramelization occurs at the bottom, and steaming occurs on the top. Voilà. Great taste and mouthfeel.

During the total 15 minutes of cooking, the electric skillet is kept covered by its lid for 12 minutes while you **do nothing; no stirring or turning** of the food. As a result, you spend only 3 to 5 minutes of hands-on cooking. This way, very little steam is released from the skillet – what happens in the skillet stays in the skillet. This keeps the flavors intact, resulting in a richer-tasting dish. In conventional stovetop cooking, all ingredients don't get cooked to the same degree. The different parts of a pan develop various degrees of heat, and uneven stirring of ingredients cooks them unevenly.

## Cooking Time

Each dish requires only 15 minutes of *cooking time* using an electric skillet. Additional time is needed to organize the spices, clean, slice, and measure the vegetables, meat, or seafood. The time spent shopping for the ingredients and the "kitchen prep" depends on your kitchen help and planning skills.



*Tacos From my Kitchen*

# *Mexican/Spanish Ingredients*

## **Beans**

We recommend 1 cup of cooked beans; this serves 2. We prefer home-cooked beans; if store-bought, no added sodium or low sodium, drained and rinsed.

1. Black Beans.
2. Black Eyed Peas.
3. Garbanzo Beans.
4. Kidney Beans.
5. Beans of your choice.

## **Braising Liquid**

1. Beer (for all adult cooking)
2. Broth, low sodium
3. Citrus juice – cuties, lemon, lime, orange, mandarin
4. Tequila (for all adult cooking)

## **Cheese**

1. Cotija
2. Parmesan
3. Cheese of your choice

## **Chipotle Chili in Adobo Sauce**

Chipotles in adobo are smoked and dried jalapeños rehydrated and combined with adobo sauce – a sweet and slightly sour blend of garlic, tomato, and vinegar (a tangy red sauce). It has an intriguing, difficult-to-describe aroma and taste. You can buy Chipotle Chili in Adobo Sauce in cans or glass jars. Because of their intense taste and flavor, we use only one teaspoon in a recipe. So what to do with the remaining chilis and the sauce? It is best to mash or puree the chilis and sauce, transfer it to an ice cube tray, and place it in the freezer. Once frozen, pop out the frozen cubes and store them in a resealable plastic bag for long-term use.

## **Cooking Oil**

Our cooking oil preference is Extra Virgin Olive Oil (EVOO); we recommend California EVOO, avocado oil, or canola (preferably expeller).

**Note:** For 'low fat' cooking, reduce the oil to 1 teaspoon in the recipes below.

## **Cup or Weight Measurement**

Measuring ingredients by cup size can be quite a trick. For example:

- 1 cup broccoli = 2.5 oz



- 1 cup carrots = 2 oz
- 1 cup cauliflower = 2.25 oz to 2.75 oz
- 1 cup celery = 4 oz
- 1 cup spinach = well, it depends on whether packed or not!
- 1 cup Swiss chard = 3 oz

Also, with some ingredients, the size of the cut can make a difference. For example, a cup of minced carrot may weigh more than carrots cut into larger pieces, similar to cauliflower.

Weighing is the more accurate and convenient way to measure portion size. Good quality digital scales are available for less than \$15 and last a long time.

## Dish Frequency

For non-vegetarians, we suggest two meat, two seafood, and three vegetarian dishes during the week. Occasionally, replace the meat dish with a seafood or vegetarian dish.

## Herbs

1. Cilantro
2. Mexican Oregano
3. Other herbs of your choice



Fresh herbs can be quite expensive. We suggest you grow your own herbs; once planted, most will revive for the next growing season. *Harvest herbs by snipping the top leaves as needed, and wash and pat dry the leaves before use. The preferred method is to tear the leaves to release the essential oils; if using a knife, roll the leaves and slice through.* Fresh herbs should be added to the dish towards the end and cooked for a few seconds as prolonged cooking reduces the flavor. Dry herbs are typically added while the dish is being cooked. One teaspoon of dry herb equals one tablespoon of fresh herb. The following herbs are easy to grow at home

**Cilantro:** All plant parts, leaves and stems, are edible. Most people perceive the taste of coriander leaves as faint lemon/lime with a tart aftertaste; some people find cilantro not to their liking. It's a good idea to check with your guests. Seeds are typically known as coriander seeds. Plant seeds about ¼" deep about 6" apart in well-drained, moist soil. To harvest cilantro all season, make successive sowings every 2 to 3 weeks starting in late spring. From the time of sowing, cilantro can be harvested in about 3 to 4 weeks.

**Mexican Oregano:** An aromatic herb that is used in a variety of cuisines. It's highly fragrant; use it sparingly. It's a very hardy plant that can be grown easily by burying a 6-inch cutting in well-drained soil.

## Drying Herbs

Harvest the herbs, leave the sprigs whole; don't pull the leaves off the stem. Heat the oven to 175F. While the oven is preheating, arrange herb sprigs in a single layer on a cookie sheet and set it in the oven; leave the door slightly open; this helps with the drying process.

Set the timer for 10 minutes, and check the herbs; if not dry, continue and check in 5 minute increments (20 minutes should be sufficient). When the leaves feel dry, remove the baking sheet from the oven, and let the herbs cool. To remove the dried herbs from the stems, run your fingers along the stem; the dried leaves will fall into the cookie sheet. Store the dried herbs in an airtight jar in a cool dark space.

## Immune System Support Supplement

According to Melissa Majumdar, Academy of Nutrition and Dietetics, "There are no specific supplements that will help protect against coronavirus (or any other virus) and anyone claiming that is being investigated by the FTC and the FDA." KCRA3, May 27, 2020. However, there are ways to keep your immune system functioning optimally – fill your plate with immune-boosting vitamins, minerals, and antioxidants.

## Meat, Paneer, Seafood, Tofu

Shop for grass-fed meats, free-range poultry, Non-GMO tofu, and wild-caught seafood. Look for organic – no antibiotics, hormones, GMOs, or preservatives. To make meat slicing easy, freeze the meat for about 20 minutes.

1. Beef: Sirloin, tri-tip, ribeye, top loin (strip), or tenderloin, sliced into uniform bite-size pieces.
2. Chicken: Skinless and boneless chicken breast, defatted, sliced into uniform bite-size pieces.
3. Goat (Capretto): Boneless goat meat (preferably leg) pieces flattened with a tenderizing mallet to break up the muscle fibers resulting in tender meat. Slice into uniform *thin* bite-size pieces. Goat meat is a healthy alternative to beef and chicken because it contains fewer calories, fat, and cholesterol.\*
4. Lamb: Boneless lamb, sliced into uniform *thin* bite-size pieces.\*
5. Paneer: A fresh cheese from cow or buffalo milk, common in India. It is an unaged soft cheese made by curdling low-fat or full-fat milk with yogurt and/or lemon juice. Slice into uniform bite-size pieces. Available in Indian

food markets and many supermarkets. Though not a part of Mexican ingredients, paneer can be a good source of protein for vegetarians.

6. Pork: Tenderloin, sliced into uniform bite-size pieces.
7. Seafood: Seafood of your choice, sliced into uniform bite-size pieces. We recommend seafood high in Omega-3: Alaska Pollock, Albacore Tuna, Anchovies, Atlantic Herring, Atlantic Mackerel, Black Cod, Herring, Mackerel, Mussels, Salmon, Sardines, Trout, and Wild Salmon
8. Tofu: Firm, drained well, cut into uniform bite-size cubes. Though not a part of Mexican ingredients, tofu can be a good source of protein for vegetarians and vegans.

\* Goat and lamb have a slightly natural gamey taste, primarily from the fat. Therefore, remove as much fat as possible before cooking. Also, fennel seeds and nutmeg added to the spice mix tempers the taste of these meats.

## **WOF**

When meat or seafood is cooked, cooled, refrigerated or frozen, and then thawed, it can develop WOF – Warmed Over Flavor, at times quite unappetizing; this is primarily due to oxidation. A simple solution is to splash the leftovers with a generous squeeze of fresh lime before refrigeration.

## **Meat & Environmental Effect**

Researchers have learned that beef has the most adverse effect on greenhouse gas and water footprint. Replacing beef with poultry or pork would reduce greenhouse gas emissions by nearly 50% and lower the water scarcity footprint by about 30%.

## **Rice & Grain**

Washing the rice or grain thoroughly before cooking is recommended.

- Amaranth, Basmati rice, brown rice, wild rice, barley, buckwheat, bulgur, freekeh, millet, quinoa, rye, spelt, teff, whole-wheat couscous, whole farro, whole-grain sorghum, and wild rice.

Start cooking the grain of your choice before turning on the electric skillet, or cook it ahead of time, let it cool, and refrigerate. Some of the grains take a longer cooking time. In our recipes, we recommend 1 oz uncooked grain per serving.

## **Salt**

- Himalayan Salt
- Kosher Salt

We use only ¼ teaspoon of salt in each recipe because most store-bought salsas and sauces, even the low-sodium varieties, have nearly 400 mg of sodium per serving. Then, if you use any cheese for garnish, that adds more sodium.

## **Simmer Sauce**

Always look for low-sodium, and low added sugar sauce.

1. Enchilada Sauce
2. Frontera Oaxacan Red Chile Mole Simmer Sauce
3. Mole Simmer Sauce
4. Salsa Ranchera
5. Salsa Roja
6. Salsa Verde
7. Sofrito Tomato Cooking Base
8. Spanish Romesco Simmer Sauce
9. Sauce of your choice; low sugar, low sodium

If no sauce is available, an equivalent amount of tomato sauce (low sodium) will suffice. Always look for low-sodium, and low added sugar sauce; glass containers are preferred. In the recipes below, we don't mention a specific sauce; use the one you have.

## **Spices**

1. Chili Powder
2. Cinnamon Stick
3. Cumin Seed
4. Garlic Powder or Garlic Cloves (mashed, minced)
5. Mexican Oregano
6. Onion Powder or Onion (sliced)

## **Spinach**

Each dish specifies 2 oz of fresh spinach; if unavailable, substitute with thinly sliced cabbage or mustard greens, or omit.

## **Tortillas**

Corn tortillas, a whole-grain food, require *Masa Harina*, a finely ground corn flour and lime (calcium hydroxide) mixture. The lime enacts *Nixtamalization*, which helps make the corn tortillas more nutritious as it releases essential vitamins. The corn tortilla is healthier than flour tortillas because of fewer carbs, less fat, more dietary fiber, and fewer ingredients: Yellow Corn Masa Flour, Water, Contains 2% or Less of Cellulose Gum, Guar Gum, Amylase, Propionic Acid, Benzoic Acid, and Phosphoric Acid.



There are two types of wheat tortillas: 100% whole wheat tortillas and wheat tortillas:

- 100% Whole Wheat Tortillas have a better nutrition profile: Whole Wheat Flour, Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of Salt, Sugar, Baking Soda, Sodium Acid Pyrophosphate, Cellulose Gum, Distilled Monoglycerides, Enzymes, Ascorbic Acid, Fumaric Acid And Calcium Propionate, Sorbic Acid And Citric Acid (To Maintain Freshness).
- Wheat tortillas are less nutritious and often contain too many chemicals: Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), contains 2% or less of Salt, Sugar, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled, Enzymes, Monoglycerides, Wheat Starch, Calcium Carbonate, Antioxidants (Tocopherols, Ascorbic Acid, Citric Acid), Cellulose Gum, Guar Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite and/or Mono- and Diglycerides), Calcium Propionate and Sorbic Acid (to preserve freshness).

We prefer corn and 100% wheat tortillas. Occasionally markets sell tortillas with a combination of corn and wheat flour; I find them too thick and heavy.

## Heating Tortillas

On the Stove Top: Heat a skillet over medium heat and cook tortillas, one by one, for about 2 minutes, turning using a tong every 30 seconds. As you remove each cooked tortilla, spray lightly with cooking spray. For crisper tortillas, brush the skillet with a light coating of cooking oil or unsalted butter as you cook each tortilla. Keep the cooked tortillas warm by covering them with a clean dishtowel. Use of the microwave or deep frying of tortillas is not recommended.

## Tortilla Alternative – Butter Lettuce & Iceberg Lettuce



To make your Mexican meal lighter, replace tortillas with lettuce leaves – Romain and Butter Lettuce leaves work well.

To serve, spoon a few tablespoons of the cooked dish into the center of a lettuce leaf, taco-style; garnish as desired with grated cheese and sour cream.

## Vegetables

**“Our results have shown that by simply eating one cup of raw (or half a cup of cooked) nitrate-rich vegetables each day – such as kale, arugula, chard and spinach, beetroot, parsley, Chinese cabbage, celery, radishes, and turnips –**

people may be able to significantly reduce their risk of cardiovascular disease.”

*Researcher Catherine Bondonno.*

We recommend 8 oz or more vegetables per serving; here is a link describing vegetable seasonality: [Seasonality](#)

Fresh in-season vegetables of your choice, sliced into uniform bite-size pieces; feel free to mix various vegetables. If fresh vegetables are not available, use thawed frozen vegetables. Some of the vegetables listed below are not of Indian origin; however, they fit well into the high-nutrition ingredient profile. We strongly recommend that you try vegetables *new* to you:

**Artichoke Hearts in Water:** Folate, fiber, vitamins C, K, antioxidants. ⚡

**Asparagus:** Folate, selenium, vitamin K, thiamin, and riboflavin. ⚡

**Beets:** Fiber, folates, manganese. We prefer baby beets.

**Beet Greens:** Vitamin K, copper, manganese, iron, and calcium.

**Bell Pepper:** Vitamin C, K1, E, A, folate, and potassium.

**Bok Choy:** Antioxidants, vitamin A, Vitamin C.

**Broccoli & Broccolini:** Vitamins B, B12, and folate. ⚡

**Brussels Sprouts:** Dietary fiber, folate, and Vitamin E.

**Cabbage:** Vitamins C and K.

**Calabaza:** Fiber, vitamin K.

**Carrots:** Beta carotene, fiber, vitamin K1, and potassium. ✓

**Cauliflower:** Fiber, vitamin C, and folate.

**Celery:** Vitamin A, C, K, potassium, folate, and choline.

**Chard:** Fiber, vitamins A, C, E, K, copper, magnesium, manganese, iron, potassium.

**Chayote:** Vitamin C, E, K, B6, thiamin, riboflavin, and niacin.

**Collard Greens:** Fiber, vitamin A, C, potassium.

**Eggplant:** Vitamin K, C, B, manganese, potassium, niacin, copper, and magnesium. We recommend skinning the eggplant.

**Endive:** Potassium, calcium, magnesium, folate, vitamin A, K.

**Fennel Bulb:** Vitamin C, potassium, phosphorus, calcium, and folate.

**Garlic:** Calcium, vitamin B, and thiamin.

**Green Beans:** Fiber, vitamins A, C, protein, and folate.

**Green Peas:** Fiber, protein, vitamin A, and K. ✓ ⚡

**Jicama:** Vitamin B6, C, E, folate, thiamin, riboflavin, and pantothenic acid.

**Kale:** Vitamin K, fiber, potassium, folic acid, and vitamin C.

**Kohlrabi:** Vitamin B, phosphorous, potassium, and calcium.

**Leek:** Vitamins A, B, C, K, iron, and manganese.

**Long Green Beans:** Fiber, vitamin C, protein.

**Mango:** Vitamin A, C, B, and potassium.

**Mushrooms:** Vitamin B, copper, potassium, phosphorus, and iron. ⚡

**Mustard Greens:** Vitamins A, C, and K.

**Nopales (Cactus):** Rich in antioxidants.

**Onion:** Fiber, vitamin B, C, folate, manganese, calcium, and potassium.

**Pumpkin:** Vitamins A, C, and potassium. ✓

**Scallop Squash:** Fiber, vitamin A, and C.

**Spinach:** Vitamin A and K. ✗

**Sugar Peas, Snow Peas:** Fiber, protein, vitamins A, C, and K.

**Sweet Potato:** Fiber, vitamins A, B6, C, manganese, and potassium.

**Swiss Chard:** Fiber, vitamins A, C, and K, manganese, and magnesium.

**Tomatillos:** Vitamin C and K.

**Tomato:** Vitamin A, C, and K.

**Turnip:** Vitamin C, fiber.

**Watercress:** Potassium, vitamin A, C.

**Zucchini, Mexican:** Vitamin C, B6, A, manganese, riboflavin, and potassium.

**Vegetables** of your choice.

✗ **High** in protein.

✓ **High** carbohydrate vegetable.

## Vegetable Greens

They're packed with nutrients and earthy flavor, adding vibrant color to the finished dish.

- Beet Greens
- Carrot Greens
- Celery Leaves
- Radish Greens
- Turnip Greens

Avoid greens with any yellow spots. Discard the tough stems. Wash, drain, chop up the tender leaves and dry them well using a salad spinner. Now you can add these to any of the recipes below.

## Cooking Prep

It is essential to have all ingredients for a recipe easily accessible, measured, and ready before plugging in the electric skillet. Avoid searching, washing, and slicing the ingredients after you have plugged the skillet and then may have to scramble. It can get stressful. Not good!

## Nutrition Note

"80% of Americans Are Deficient in This Mineral That Controls Sugar Cravings, Elizabeth Millard, January 17, 2021. A research review published in the journal Open Heart called the situation "a public health crisis." According to the Mayo Clinic, "Chronically low levels could increase your chances of having high blood pressure, heart disease, type 2 diabetes, and osteoporosis." "...it also plays a

critical role in bone health, heart function, digestion, sleep, cellular health, and even mood and energy levels.” Elizabeth Millard, *Eat This, Not That!*

The mineral is *magnesium*.

Good Sources: Nuts, seeds, beans, dried fruits (without added sugars), and dark leafy greens.

## Finished Dish

Each recipe results in a fully cooked meal. To reduce the number of serving dishes, serve directly from the skillet (turn the skillet temperature to low). As shown below, we often use the finished dish to make tacos at home. Feel free to top the tacos with a couple of teaspoons of your favorite taco sauce, light sour cream, and a light sprinkling of grated cheese of your choice.



*Romaine Lettuce Taco*



*Corn Tortilla Taco*



*Butter Lettuce Tacos*



## Edible Flowers, Beautiful Garnish

Cheerful and vibrant, edible flowers provide a burst of flavor and color to the finished dish. Make sure the flowers are organically grown and free of dirt and insects. Start with a small quantity, see if they suit your palate, and adjust accordingly.

- **Borage** produces small, blue, star-shaped flowers.
- **Chamomile** flowers lend a slightly sweet, earthy flavor.
- **Dandelion** produces highly nutritious flowers.
- **Honeysuckle** is a fragrant flower with a savory aroma and sweet flavor.
- **Lavender** is a violet flower with a distinctive aroma.
- **Nasturtium** is a brightly colored flower with a savory and peppery flavor.
- **Pansies** come in many colors and have a mild, fresh, and lightly floral flavor.
- **Purslane** produces nutrient-rich flowers.
- **Roses petals** have a floral and slightly sweet flavor; the ones with the sweetest fragrance are likely to have the most flavor.
- **Because of their large size, summer squash flowers** need to be chopped. If you're picking from a plant, harvest the male flowers so that the plant still produces squash. The male flowers have a long thin stem and typically grow around the outer edges of the plant.



Borage



Lavender



Purslane



Nasturtium



Pansy



Chamomile



Summer Squash



Dandelion



Honeysuckle

# Mexican/Spanish Recipes

## [Video](#)

*Feel free to garnish the finished dish with a small quantity of unsalted pumpkin seeds and edible flowers.*

*These are zero added sugar recipes.*

### 1. Mexican Vegetables & Beef, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle the beef the last (place it in a bowl), and wash your hands thoroughly.

#### Have Ready

1 tablespoon cooking oil  
1 Cinnamon stick  
16 oz or more vegetables sliced into uniform bite-size pieces  
1 teaspoon chili powder  
1 teaspoon oregano  
1 teaspoon garlic powder  
½ teaspoon cumin seeds, ground or crushed  
¼ teaspoon salt

2 tablespoons braising liquid  
6 oz beef sliced into uniform bite-size pieces  
½ cup cooked beans or grain or rice (optional)  
½ cup to ¾ cup simmer sauce  
2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thinly sliced cabbage  
Grated cheese for garnish (optional)  
Chopped herbs for garnish (optional)

1. In a small bowl, combine chili powder, oregano, garlic powder, cumin, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add beef to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the beef. Combine the vegetables with the beef, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

## 2. Mexican Vegetables & Chicken, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle the chicken the last (place it in a bowl), and wash your hands thoroughly.

### Have Ready

1 tablespoon cooking oil	6 oz chicken sliced into uniform bite-size pieces
1 Cinnamon stick	½ cup cooked beans or grain or rice (optional)
16 oz or more vegetables sliced into uniform bite-size pieces	½ cup to ¾ cup simmer sauce
1 teaspoon chili powder	2 oz (about 2 cups) fresh spinach or
1 teaspoon oregano	2 oz (about 2 cups) thinly sliced cabbage
1 teaspoon garlic powder	Grated cheese for garnish (optional)
½ teaspoon cumin seeds, ground or crushed	Chopped herbs for garnish (optional)
¼ teaspoon salt	
2 tablespoons braising liquid	

1. In a small bowl, combine chili powder, oregano, garlic powder, cumin, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add chicken to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the chicken. Combine the vegetables with the chicken, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

### 3. Mexican Vegetables & Goat, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle goat meat the last (place it in a bowl), and wash your hands thoroughly.

#### Have Ready

We'll be adding two additional spices: Fennel seeds and nutmeg.

1 tablespoon cooking oil	¼ teaspoon salt
1 Cinnamon stick	2 tablespoons braising liquid
16 oz or more vegetables sliced into uniform bite-size pieces	6 oz goat sliced into uniform <i>thin</i> bite-size pieces
1 teaspoon chili powder	½ cup cooked beans or grain or rice (optional)
1 teaspoon oregano	½ cup to ¾ cup simmer sauce
1 teaspoon garlic powder	2 oz (about 2 cups) fresh spinach or
½ teaspoon cumin seeds, ground or crushed	2 oz (about 2 cups) thinly sliced cabbage
½ teaspoon fennel seeds, crushed	Grated cheese for garnish (optional)
¼ teaspoon nutmeg, preferably freshly grated	Chopped herbs for garnish (optional)

1. In a small bowl, combine chili powder, oregano, garlic powder, cumin, fennel seed, nutmeg, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, sprinkle half the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add goat to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the goat. Combine the vegetables with the goat, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.



## 4. Mexican Vegetables & Lamb, Serves 2

“Weekly consumption of lamb, but not other red meats, was shown to improve long-term cognitive prowess.” Journal of Alzheimer’s Disease. [JAD](#)

Wash your hands thoroughly. When preparing the ingredients, handle the lamb the last (place it in a bowl), and wash your hands thoroughly.

### Have Ready

We’ll be adding two additional spices: Fennel seeds and nutmeg.

1 tablespoon cooking oil	6 oz lamb sliced into uniform <i>thin</i> bite-size pieces
1 Cinnamon stick	½ cup cooked beans or grain or rice (optional)
16 oz or more vegetables sliced into uniform bite-size pieces	½ cup to ¾ cup simmer sauce
½ teaspoon fennel seeds, crushed	2 oz (about 2 cups) fresh spinach or
¼ teaspoon nutmeg, preferably freshly grated	2 oz (about 2 cups) thinly sliced cabbage
¼ teaspoon salt	Grated cheese for garnish (optional)
2 tablespoons braising liquid	Chopped herbs for garnish (optional)

1. In a small bowl, combine chili powder, oregano, garlic powder, cumin, fennel seed, nutmeg, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add lamb to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the lamb. Combine the vegetables with the lamb, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

## 5. Mexican Vegetables & Paneer, Serves 2

Wash your hands thoroughly.

### Have Ready

1 tablespoon cooking oil	2 tablespoons braising liquid
1 Cinnamon stick	6 oz paneer sliced into uniform bite-size pieces
16 oz or more vegetables sliced into uniform bite-size pieces	½ cup cooked beans or grain or rice (optional)
1 teaspoon chili powder	½ cup to ¾ cup simmer sauce
1 teaspoon oregano	2 oz (about 2 cups) fresh spinach or
1 teaspoon garlic powder	2 oz (about 2 cups) thinly sliced cabbage
½ teaspoon cumin seeds, ground or crushed	Grated cheese for garnish (optional)
¼ teaspoon salt	Chopped herbs for garnish (optional)

1. In a small bowl, combine chili powder, oregano, garlic powder, cumin, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add paneer to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the paneer. Combine the vegetables with the paneer, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

## 6. Mexican Vegetables & Pork, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle the pork the last (place it in a bowl), and wash your hands thoroughly.

### Have Ready

1 tablespoon cooking oil	6 oz pork sliced into uniform bite-size pieces
1 Cinnamon stick	½ cup cooked beans or grain or rice (optional)
16 oz or more vegetables sliced into uniform bite-size pieces	½ cup to ¾ cup simmer sauce
1 teaspoon chili powder	2 oz (about 2 cups) fresh spinach or
1 teaspoon oregano	2 oz (about 2 cups) thinly sliced cabbage
1 teaspoon garlic powder	Grated cheese for garnish (optional)
½ teaspoon cumin seeds, ground or crushed	Chopped herbs for garnish (optional)
¼ teaspoon salt	
2 tablespoons braising liquid	

1. In a small bowl, combine chili powder, oregano, garlic powder, cumin, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, sprinkle half the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add pork to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the pork. Combine the vegetables with the pork, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

## 7. Mexican Vegetables & Seafood, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle the seafood the last (place it in a bowl), and wash your hands thoroughly.

### Have Ready

1 tablespoon cooking oil	8 oz seafood sliced into uniform bite-size pieces
1 Cinnamon stick	½ cup cooked beans or grain or rice (optional)
16 oz or more vegetables sliced into uniform bite-size pieces	½ cup to ¾ cup simmer sauce
1 teaspoon chili powder	2 oz (about 2 cups) fresh spinach or
1 teaspoon oregano	2 oz (about 2 cups) thinly sliced cabbage
1 teaspoon garlic powder	Grated cheese for garnish (optional)
½ teaspoon cumin seeds, ground or crushed	Chopped herbs for garnish (optional)
¼ teaspoon salt	
2 tablespoons braising liquid	

1. In a small bowl, combine chili powder, oregano, garlic powder, cumin, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add seafood to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the seafood. Combine the vegetables with the seafood, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.

## 8. Mexican Vegetables & Tofu, Serves 2, Vegan

Wash your hands thoroughly.

### Have Ready

1 tablespoon cooking oil	8 oz tofu sliced into uniform bite-size pieces
1 Cinnamon stick	½ cup cooked beans or grain or rice (optional)
16 oz or more vegetables sliced into uniform bite-size pieces	½ cup to ¾ cup simmer sauce
1 teaspoon chili powder	2 oz (about 2 cups) fresh spinach or
1 teaspoon oregano	2 oz (about 2 cups) thinly sliced cabbage
1 teaspoon garlic powder	Grated cheese for garnish (optional)
½ teaspoon cumin seeds, ground or crushed	Chopped herbs for garnish (optional)
¼ teaspoon salt	
2 tablespoons braising liquid	

1. In a small bowl, combine chili powder, oregano, garlic powder, cumin, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, sprinkle half of the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
6. Add tofu to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the spice mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the tofu. Combine the vegetables with the tofu, stir, and turn. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.



## 9. Mexican Vegetables, Serves 2, Vegan

Wash your hands thoroughly.

### Have Ready

1 tablespoon cooking oil  
1 Cinnamon stick  
16 oz or more vegetables sliced into uniform bite-size pieces  
1 teaspoon chili powder  
1 teaspoon oregano  
1 teaspoon garlic powder  
½ teaspoon cumin seeds, ground or crushed  
¼ teaspoon salt

2 tablespoons braising liquid  
½ cup cooked beans or grain or rice (optional)  
½ cup to ¾ cup simmer sauce  
2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thinly sliced cabbage  
Grated cheese for garnish (optional)  
Chopped herbs for garnish (optional)

1. In a small bowl, combine chili powder, oregano, garlic powder, cumin, and salt.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle cooking oil, add cinnamon stick.
4. Add vegetables to the pan, sprinkle the spice mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
5. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables and drizzle the braising liquid over the vegetables.
6. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
7. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the vegetables. If using, add cooked beans or grain, or rice to the skillet.
8. Add simmer sauce to the skillet, stir and turn to coat ingredients.
9. Add spinach or cabbage, or methi leaves to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
10. Lift the lid away from yourself, set it aside. Discard cinnamon stick.
11. Stir and turn the mixture, garnish with the chopped herb of your choice.



*Lettuce Tacos*

## Help EndLocalHunger™

At FamilyGreenSurvival, Inc., a 501c3 non-profit social service organization, our mission is to EndLocalHunger™ through the donation of healthy BagOfLife® meals to those facing hunger in our community. Your donation in any amount would be most helpful; every \$ provides a person facing hunger two healthy and tasty BagOfLife® meal servings.

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*From my garden, cactus blooms every two to three years.*

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**Thank You**