

South American Menu

Lima Bean Humus: makes 3 cups

Soak the chick peas for 24 hours then strain.

I use frozen lima beans

Put the following into your food processor and process until creamed:

- ½ cup chick peas (garbanzo beans)
- 1 cup lima beans (thawed)
- ½ cup navy beans
- ¼ cup apple cider vinegar

Add the following to the beans as they are processing:

- 2 celery stalks
- ¼ cup onion
- 2 fresh garlic cloves
- ½ cup fresh basil

Blend this mixture well until it is creamy so it will spread easily, Garnish with chopped chives just before serving.

Sweet Potato Corn and Quinoa Salad: serves 3-4 people

Used a spiral cutter to cut the sweet potato into thin twirl pieces.

Soak the quinoa for 4-6 hours then drain.

Put the following into a large salad bowl:

- 1 medium sweet potato or yam
- 3 cobs of corn (cut fresh from the cob)
- 1 cup celery (thinly chopped)
- 1 cup drained quinoa

Toss with the following dressing:

Acai Dressing:

Put the following ingredients into a blender:

- ¼ cup apple cider vinegar
- ¼ cup extra virgin olive oil
- ¼ cup acai syrup
- 2 tbsp. maple syrup
- 1 tsp. mesquite powder

Blend until creamy and use with the above salad.

Stuffed Tomato with Quinoa and Avocado:

Take small tomatoes, slice of the top and hollow out the inside (cut them into small pieces and put aside for the avocado stuffing).

Season the inside of each tomato with sea salt or dried herbs.

Use the Avocado stuffing on the next page to stuff each tomato then serve cold.

Avocado Stuffing:

makes 1-2 cups

Take 2 ripe avocados, halve and remove pits and

skins, score them while they are still in the skins.

Scoop the flesh out into a large bowl and mash them well (a potato masher works)

Add the tomato pieces and stir.

Finely chop the following ingredients:

- 1 clove of garlic
- 2 tbsp. onion
- ¼ cup fresh basil
- ¼ cup celery
- sea salt & cayenne pepper to taste

Add above ingredients to the bowl of mashed avocado and mix well. Stuff each tomato you have prepared above and serve cold.

