

Miss Whisk-Wise

Vegetable/Entree



Black Bean, Sweet Potato and Kale Taco

Recipe and photo by Renee Blair from the Dailyburn.com

Serves 8

Prep time: 20 minutes, Cook time: 30 minutes

Ingredients

For the Taco Filling:

- 1 medium sweet potato
- 1 onion
- 3 tbs olive oil
- 1 cup of cooked quinoa
- 4 large leaves of kale
- 1 can of black beans
- 1 teaspoon chili powder
- 1/4 tsp cumin
- Sea salt, to taste

Taco Accompaniments:

- 6-inch corn or flour tortillas
- Sliced fresh avocado
- Chopped fresh cilantro
- Fresh lime juice
- Salsa
- Shredded cabbage
- Shredded cheddar cheese (or a vegan alternative)

Preparation

1. Preheat oven to 375 ° F. Chop the sweet potato into one-inch cubes. Thinly slice the onion. On a parchment-lined baking dish, combine the sweet potato, onion, olive oil, and a few pinches of salt. Toss to coat and bake for 30 minutes, stirring once to promote even cooking.
2. While the sweet potatoes bake, cook the quinoa if you haven't already done so according to package directions. Thinly chop the kale and add to a large mixing bowl. Drain and rinse the black beans and add to the kale. Add 1 cup of cooked quinoa to the bowl, along with the spices. Toss well.
3. When the sweet potatoes and onions are done, add them right to the bowl with the kale, beans, and quinoa. The heat from the potatoes will slowly wilt the kale. Season with sea salt and more spice, if desired. Toss gently to combine all the filling ingredients.
4. Serve the filling in tortillas with as many accompaniments as you like. The more, the merrier (and tastier!).

*Featured here is Black Bean, Sweet Potato and Kale Taco from DailyBurn.com
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Vegetable/Dessert



Pumpkin Pudding

Recipe & Photo from Peta.org

1 can pumpkin purée
1 2/3 cups soy or almond milk
3 Tbsp. cornstarch
2 Tbsp. maple syrup
1/4 cup brown sugar
1/2 tsp. cinnamon
1/2 tsp. nutmeg
Soy whipped cream
Walnuts

Whisk all the ingredients except the soy whipped cream and walnuts together in a bowl until creamy.

Pour into a saucepan and simmer over medium-low heat until thick, about 6 to 8 minutes.

Transfer into individual serving cups and chill in the fridge until firm, about 1 1/2 hours.

Top your cups o' pudding with some soy whipped cream and a few walnuts ... and enjoy!

Makes 4 servings

Featured here is Pumpkin Pudding from <http://www.peta.org/living/food/pumpkin-recipes/>

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