

## **Pico de Gallo**

### **Ingredients:**

3 tomatoes, finely diced (about 3 cups)

½ onion, finely diced (about ½ cup)

1–2 serrano (or jalapeño) chilies, finely diced with seeds removed

½ cup of finely chopped fresh cilantro (coriander) leaves

1 tablespoon lime juice (about 1 lime)

Salt to taste

### **Method:**

Mix all ingredients together and enjoy with chips (or anywhere a fresh salsa would be desired).

## Chilaquiles

### Chips

Tortillas, cut into wedges (Can also use corn chips)

Spray on both sides with a little oil.

Lightly sprinkle with salt (ignore if using salted corn chips).

Bake at 180°C (350°F) for 15 minutes until crispy.

### Sauce

4–5 roma tomatoes

1–2 serrano chilis seeded (*optional*)

2 cups water (*approx.*)

¼ onion

1 garlic clove

1 tablespoon chicken-like seasoning

1 tablespoon vegetable oil

Cook tomatoes and chillies in water over medium heat until vegetables are cooked through. Put cooked tomatoes, chillies and the cooking water into a blender along with the onion, garlic, and chicken-like seasoning. Blend till smooth.

Heat a little oil in a saucepan and then pour the blended mixture into the pan and cook for a few minutes until the tomatoes turn a dark red.

Add toasted chips and fold in.

Serve immediately with beans, vegan sour cream, and avocado!

This recipe is fast, easy, and fabulous!

## Nopales

### Ingredients:

Nopales\*, prepared and diced, about two cups cooked

¼ medium onion, finely chopped

1 small garlic clove, crushed

2 tomatoes, diced

½ teaspoon oregano

Salt to taste

### Method:

Sauté the onion, and garlic over medium heat on a stove.

Add salt and oregano.

Add tomatoes.

Add nopales once the tomatoes start to give off their juice.

Once heated through, turn off the stove and serve with tortilla and avocado.

Can also add a little serrano chili to the onions and garlic when sautéing if desired.

\* Nopales are the edible, fleshy pads of the nopal cactus, often used in Mexican cuisine.