

MEXICAN-STYLE RAW DISHES

Here are some recipes I once received from one of the numerous lists I'm on. Enjoy!

SPICY RAW CORN TORTILLA CHIPS

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adapted from a recipe found on livemom.net

2 1/2 C flax seeds
1 C corn kernels
1/4 avocado
1/2 C sunflower seeds, soaked
2 t sesame seeds
2 T onion, minced
2 t garlic, minced (alt: 1 t garlic powder)
1 t paprika
1 t chili powder
1/2 t cayenne powder
pinch sea salt, or to taste
pinch white pepper
water

- Combine all ingredients in food processor until smooth.
- Add water as needed
- Taste and adjust seasoning..
- Spread mixture evenly to edges of dehydrator Teflex/Paraflex sheets (covers 3 to 4 trays)
- Score mixture on sheets with a spatula, to make cracker or chips in the size you want.
- Dehydrate at 145 degrees for 1 hour. Lower temperature to 110 degrees, and continue dehydrating for 6 hours .
- Remove trays from the dehydrator. Place a dehydrator screen over top of a tray of chips, and, place the plastic tray over it, and then flip. Remove top dehydrator tray, and peel off top Teflex/Paraflex sheet. Return trays to the dehydator.
- Continue dehydrating until chips are crisp.

RAW REFRIED BEANS

RAW REFRIED BEAN DIP

adapted from a recipe found on livingmom.com

2 C garbanzo bean sprouts
3/4 C hot water
1-1/2 C sunflower seeds, soaked
2/3 C olive oil
2 T Bragg's Aminos
1 T onion powder
2 T chili powder
1 t garlic powder
1 t cumin powder
1 T nutritional yeast (note: this is vegan but not raw)
sea salt to taste

Puree ingredients in Vitamix to very smooth consistency. Add water as needed to achieve desired consistency.

Serve with burritos, or as a dip for vegetables or chips or as a side dish. Alternatively, dehydrate as patties.

RAW ENCHILADA SAUCE

recipe from Judy Cozza

2 red bell peppers, chopped
2 cloves garlic
1 C sun-dried tomatoes in olive oil
1 avocado
2 t Braggs Liquid Aminos
1 t cumin
1 t raw carob powder
1/4 C warm water
sea salt to taste

Blend until smooth.

Mexi-Live Margaritas!

by Raw Goddess Heathy

1 cup Pineapple, fresh or frozen

3-4 tbs Lime juice

1 cup Fresh apple juice

Blend all ingredients with some ice until smooth. Drink Up!

FAJITA VEGGIES

The next task was the fajita veggies. These are soooo good and I highly recommend! This [recipe](#) comes from Joz on [RFC](#). We made it without the mushrooms and used red onion in place of the sweet onion.

Fajita Veggies



1 of each sliced thin:
red & green bell pepper
zucchini
small red onion
2 cloves garlic crushed
1/4 cup Nama Shoyu
1/4 cup of olive oil
2 tbsp. of chili powder
1 tsp. of cumin powder
1/4 tsp. of cayenne powder
Combine ingredients together in bowl and marinate 2-4 hrs.

Drain in a colander. Serve in collard leaf with toppings.

Taco/Burrito Walnut Meat from Matt Amsden's Rawvolution

1 ½ c walnuts, ground in a food processor
1½ tsp ground cumin
¾ tsp ground coriander
2 tbs nama shoyu or braggs

Stir all ingredients together to combine. Spread some of the mixture into a collard (burrito) or crunchy romaine leaf (taco) and roll up. Top with shredded lettuce, fresh salsa, guac, sour cream, and nacho cheese.

Salsa

3-4 medium tomatoes
½ each green and red bell pepper, cut into big chunks
¼ medium red onion
Handful cilantro
Sea salt and lemon juice to taste

In a food processor, pulse ingredients (using short quick pulses) into small pieces. Careful not to puree!

Raw Sour Cream

This sour cream [recipe](#) comes from chef, [Diana Stoevelaar](#). This recipe calls for such a small amount of lemon juice that I find it doesn't give it that proper tang that sour cream has. We ended up using 1/4 cup lemon juice. Also, it firms up as it sits in the fridge a while.

Sour “Cream”

1 1/2 cup Cashews or macadamias

1/2 cup water

1/2 tsp. Celtic sea salt

1 Tbsp. Lemon juice

Blend all the ingredients in a blender until smooth and creamy.

Rich Cheddar Sauce

Adapted from "Rejuvenate Your Life" by Serene Allison

1/2 large red bell pepper

1/4 c water

1 c raw cashews, sunflower seeds, and/or almonds (I use a mixture of these and soak them overnight)

1 T tahini

2 T nutritional yeast

1 1/2 teaspoon sea salt

2 teaspoons onion powder (or a small slice of onion or 1 tbs or so of green onions)

1 clove garlic

2 T lemon juice

Blend until creamy. Add more water if it is too thick.

Simply the best nut cheese ever!

“Refried Beans” by Heathy

2 cups soaked sunflower seeds (~1 ¼ cups before soaking)

2-3 Tbsp. raw tahini

1/3-1/2 cup pure water,

2 “ piece of white or yellow onion, chopped

2 tsp. chili powder

2 tsp. cumin powder

1 tsp. Celtic Sea Salt

In a food processor, puree all the ingredients until smooth. Note: Add more spices and some olive oil if needed. Add cayenne for spicy beans.

Guacamole By Heathy

2 large, ripe avocados

1 small tomato, chopped

Cilantro and green onion, chopped, to taste

Sea salt and lemon juice to taste

Mash avocados and add other ingredients. Mix well.

Cilantro Pesto (Juliano's RAW)

1 cups fresh cilantro

1/3 cup walnuts

1/3 cup fresh-squeezed lime juice

Pinch Celtic sea salt

1/4 cup spinach (optional)

2 tsp garlic

2 tsp ginger

1 tsp jalapeño or pinch cayenne

1/4 cup olive oil.

Combine well in a blender!

Mexican Zucchini Salad

From www.naturesrawenergy.com

2 ears fresh corn removed from cob or 1/2 bag of organic corn (thawed)...about 6 oz.

2 medium tomatoes - diced

1 medium zucchini (peel, if not organic) - diced

1/4 medium onion - diced

5 springs cilantro - chopped

1 jalapeno - diced (optional)

1 teaspoon lemon or lime juice (optional)

Salt to taste (optional)

Makes 6 cups.

Salsa Walnut Meat

Contributed by Alison on [Gone Raw](#)

1 cup walnuts
3 tablespoons chopped onion
2 tablespoons chopped red pepper
3 tablespoons chopped celery
½ cup chopped tomatoes
2 tablespoons fresh cilantro
¼ teaspoon garlic powder
1 tablespoon lemon juice
dash olive oil
dash apple cider vinegar
½ teaspoon salt
½ teaspoon cumin
dash chili powder
½ teaspoon oregano
1 tablespoon nutritional yeast
1 teaspoon honey

Preparation

Place walnuts and chopped veggies in the food processor and pulse a few times. Add remaining ingredients and process until well mixed. I tweaked this a bit by adding red pepper, substituting the honey for agave and I can't remember if I did the nut. yeast or even had any..

Pico de Gallo



Servings:

Makes about 4 cups

A spicy, fresh raw salsa.

Ingredients:

1 pint cherry tomatoes, halved or quartered - depending on size

½ small yellow onion, diced

1 cup cilantro, chopped

4 clove garlic, minced

2 lemons, juiced

1½ teaspoon ground cumin

¾ teaspoon ground coriander

¾ teaspoon celtic sea salt

¼ teaspoon cayenne

1 tablespoon cold pressed olive oil (optional)

Preparation:

1. Mix all ingredients together.
2. Serve.

For best results, let sit in the refrigerator for at least a couple hours before serving – this allows the flavors to really set in. Great recipe to make the day before you want to eat it.

Substitutions:

Scallions instead of onions.

Eliminate the oil.

I use red onion because it is sweeter and fresh minced jalapeno or serrano (hot!) chile instead of the dried spices. Then I hit it with a bit of agave nectar which really seems to make it pop!! The little bit of sweet and the hot together are muy bueno!! Add some raw tortillas and ¡Ole!

Raw Tomatillo Salsa

Source: Iliana de la Vega

2 jalapeño chiles, stems removed, sliced in half, seeds and veins intact
10 tomatillos, husks removed, rinsed and quartered
1 garlic clove, peeled
1/4 small white onion
Salt, to taste
1/2 bunch cilantro

Place jalapeños, tomatillos, garlic and onion in a blender. Process until almost smooth.

Season with salt and add cilantro. Process briefly until smooth, taking care not to burn the cilantro.

Note: This salsa should be eaten on the same day it is made.

Makes 2 cups. Approximate nutritional values per 1/4-cup serving: 20 calories (0 percent calories from fat), 1 g protein, 3 g carbohydrate, 2 g sugar, 1 g dietary fiber, 0 fat, 0 cholesterol, 25 mg sodium.