



Nachos

Prepare before I get there

Dice one onion
Dice one tomato
Chop 1 cup iceberg lettuce

Spices

Cumin
Chipotle
Onion powder
Garlic Powder

Other Ingredients

1 can pinto beans
1 package firm tofu
1 lemon
2 tbsp. vinegar
3 pitted dates
¼ cup walnuts
¼ cup nutritional yeast
Several corn tortillas

Directions:

Mash beans with chipotle powder, garlic Powder, onion powder and cumin. Set aside. Cut corn tortillas into wedges and bake for 15 minutes at 350 degrees On non-stick baking sheet. Blend walnuts with nutritional Yeast and ¼ cup water, garlic and onion powder. Set aside. Blend tofu with vinegar, dates, lemon juice, garlic and onion Powder. Set aside. Take corn chips put on plate and layer with Refried beans, Lettuce, tomatoes, sour cream and “cheese”. Top with olives, Cilantro or avocado/guacamole if desired.

