

SWEET & SPICY CHORIZO SKILLET

SERVING SIZE 1 cup

YIELD 4 cups

METHOD Cook and mix

2 cups	Baked chorizo tofu crumbles (below)
2 cups	Roasted sweet potatoes and cumin-garlic black beans (recipe to the right)
¼ cup	Fresh cilantro, chopped
¼ cup	Your favorite salsa (optional)
¼ cup	Your favorite guacamole (optional)

Chorizo Tofu Crumbles - Makes 2 cups

14 oz	Extra firm tofu
2 tbsp	Canola, avocado, or olive oil
2 tbsp	Low sodium soy sauce
2½ tsp	Apple cider vinegar
2½ tsp	Chili powder
1¼ tsp	Ground smoked paprika
1 tsp	Garlic powder
1 tsp	Dried oregano
1 tsp	Gound cumin
½ tsp	Ground black pepper

Roasted Sweet Potato & Cumin-Garlic Black Beans - Makes 2 cups

1 tbsp	Canola, avocado, or olive oil
4.4 oz	¾" diced sweet potato
⅛ tsp	Salt
⅛ tsp	Ground black pepper
1 cup	Low sodium, canned black beans, drained & rinsed
½ tbsp	Canola, avocado, or olive oil
½ tsp	Ground cumin
½ tsp	Garlic powder

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1. Prepare baked chorizo tofu, sweet potatoes, and black beans according to recipes below.
2. Gently mix together baked chorizo tofu, cooked sweet potato, and the black beans. Garnish with cilantro on top (1 tbsp cilatro per 1 cup skillet). As desired, serve on the side 1 tbsp of salsa and 1 tbsp guacamole. Serve hot.

To prepare Chorizo Tofu Crumbles:

1. Preheat oven to 350°F and line a sheet pan with parchment paper.
2. Crumble tofu into a large mixing bowl with fingers.
3. In a separate bowl, combine remaining ingredients and mix well. Add sauce mixture to crumbled tofu and mix until all tofu is coated.
4. Spread tofu crumbles onto prepared sheet pan in a single layer. Bake for 15 minutes using a spatula, mix and flip tofu crumbles, and spread back out. Bake for 15 more minutes or until tofu is dark golden brown. Hold hot until ready to use. Tofu may be prepared the day before and reheated.

To prepare Roasted Sweet Potatoes & Cumin-Garlic Beans

1. Preheat oven to 350F. Dice potatoes into ¾ inch cubes. Toss with first listed oil, salt, and pepper.
2. Drain and rinse black beans and toss with second listed oil, cumin, and garlic. Set aside.
3. Arrange potatoes in a single layer on a large baking sheet lined with parchment paper, leaving room for the beans. Place in oven for 15 minutes.
4. Spread black beans out on other half of sweet potato pan (after baking for 15 minutes) and bake black beans and sweet potatoes for 18-20 minutes, shaking the pan twice to stir up beans. Once beans are slightly crispy, and sweet potatoes are lightly browned, remove from the oven. Some of the beans may have split or open up, which is to be expected. Hold hot until ready to add to chorizo tofu crumbles.

PER SERVING: 270 CALORIES | 14 GM TOTAL FAT
1.5 GM SATURATED FAT | 0 GM TRANS FAT
0 MG CHOLESTEROL | 330 MG SODIUM | 17 GM CARBOHYDRATES
4 GM FIBER | 4 GM TOTAL SUGARS | 15 GM PROTEIN

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