

Tasty Vegadilla

Prep time: 10 minutes

Cook Time 15 minutes

Ingredients:

1t avocado oil
1/4" slice of onion, chopped
half small anahiem pepper, chopped
1 minced garlic clove
8oz Wildwood Sprouted tofu (half container) chopped into small cubes)
1 cup broccoli, chopped
1 king oyster mushroom
half avocado, chopped
half zucchini (or any squash), chopped
half cup Daiya farmhouse cheddar, shredded
2 tsp large flake nutritional yeast
2T salsa - we use 365 Cantina from Whole Foods
1/4t black pepper
1t Coconut amino acids
1/4t (smoked) paprika
1/4t turmeric powder
1T cilantro leaves, chopped
4 olives chopped
a few lettuce leaves
2 Alvarado Street sprouted grain tortillas

Process:

Heat avocado in a skillet on medium heat for 2 minutes

Add onion, anaheim pepper and garlic, cook for 2 minutes.

Add broccoli, zucchini, tofu, mushrooms and Coconut aminos. Stir. Cook for 3 minutes.

Heat a separate pan or grill to medium heat

Add avocado, nutritional yeast, cheese, salsa, olives, spices. Cook for 3 minutes, stirring gently and often.

While the rest is cooking, place the tortillas on the grill for 1 minute to soften. Split the mixture between the two tortillas, and fold in half. Cook each side until lightly brown, about 90 seconds each. Place the lettuce leaves in while flipping to second side.

Slice in half and open to let out the heat... then eat!