Tiffany Wilkerson’s Recipes

Mango Fried Rice  
  
Ingredients:   
1/2 cup roasted peanuts or cashews  
1-2 cloves of chopped garlic  
1 red bell pepper (cubed)  
1 teaspoon of fresh ginger (minced)  
1 teaspoon of coconut aminos  
1 mango (cubed)  
3 cups brown rice   
2 tablespoons of rice  vinegar  
1 cup of frozen peas--defrosted  
1 teaspoon of red chili pepper  
  
Add rice wine vinegar to a skillet on medium heat. Once warm, saute the garlic, ginger and red pepper chili flakes for about 20-30 seconds. Then, add the bell pepper and cook until softened. Once softened, add the rice and coconut aminos and mix well.  
  
Combine the mangoes, peas and  roasted peanuts/cashews to the rest of the ingredients in skillet. Cook until heated through and enjoy!  
  
  
Southwest Taco Stuffed Bell Pepper  
  
What you’ll need:  
  
2 cups cooked quinoa  
2 1/2 cups salsa  
1 cup roasted corn kernels  
1 (15 ounce) can black beans, drained and rinsed  
2 teaspoons cumin  
1 teaspoon chili powder  
1 teaspoon smoked paprika  
1 teaspoon garlic seasoning  
1 teaspoon onion powder   
4 large bell peppers, de-seeded   
  
In a large bowl, mix together all ingredients well.  
Fill each pepper with the quinoa mixture.  
  
Cover with foil and bake for 30 minutes.  
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Hummus:  
  
1 can rinsed/drained   
chickpeas   
  
Seasonings(1.5 teaspoons of each spice or to your liking)  
  
Smoked Paprika  
Chili Powder  
Onion Powder  
Garlic Powder   
Cumin   
Tahini—2 Tablespoons  
Squeeze of 1 lemon  
Aquafaba( 1 to 2 cups)  
Garlic (2 cloves)  
  
Blend all ingredients together to desired consistency.  
  
  
Mediterranean Buddha Bowl:  
  
Ingredients:  
  
Roasted Chickpeas—1/2 cup   
Black olives—2 chopped  
Grape Tomatoes—1/2 cup  
Yellow Bell Pepper— 1/2 cup  
Cucumber— 1/2 cup  
Salad Greens(your choice of greens and amount)  
  
Use your greens as your base, and place each ingredient beside each other arranging a circular pattern.  
  
Feel free to use hummus as a light dressing to drizzle on top.