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.