

Herbal Legacy Recipes

Amazing Mexican Pizza

*If you have tried California Pizza Kitchen's Mexican Pizza and enjoyed it... in my opinion, this one is so much better! ~
Yvonne Salcido M.H.*

INGREDIENTS:

- whole wheat tortillas
- low heat black beans or 1 can black beans
- 2 tsp paprika
- 1 tsp chili powder
- 1 TB chopped dried onion
- 1/2 tsp garlic powder
- 1 tsp cumin powder
- vegan grated cheese
- chopped romaine lettuce
- chopped tomato
- chopped olives



GREEN RANCH RIO DRESSING

- 1/2 carton of better than sour cream or 3/4 c. of nut sour cream
- 1 Cup veganaise or (homemade vegan mayonnaise)
- 2 green onions
- 1 TB apple cider vinegar
- 1 TB fresh kale
- 1/8 tsp cayenne
- 1 clove garlic
- 2 TB of fresh parsley
- 1/2 tsp real salt (sea salt)

GUACAMOLE

- 3 avocados
- 1 tsp lemon or lime juice
- 1 shake of tabasco or hot chili sauce
- salt and pepper to taste

DIRECTIONS:

1. Drain black beans and save the liquid.
2. Mash beans and add only enough liquid to have the consistency of refried beans.
3. Add spices and the herbs and stir.
4. Spread on whole wheat tortilla.
5. Sprinkle vegan cheese on the top and warm in oven to melt cheese.
6. Remove from oven and top with lettuce, tomato, olives and guacamole.
7. Drizzle dressing over the top and slice in pizza wedges.

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