

Joy of Living Cooking School

May 2021-South of the Border

Chickpea Ceviche (4 Servings)

- 1 can Garbanzo Beans, low sodium (14 oz.)
- 1 cup diced Roma Tomatoes
- 1/2 cup diced Red Onions
- 1/4 cup chopped Cilantro
- 1/2 cup Lime Juice
- 1/4 cup Orange Juice
- 1 tablespoon Bragg's Aminos



Rinse thoroughly and drain the garbanzo beans. In a large bowl combine the beans, Tomatoes, onions, and cilantro.

In a small bowl whisk together the remaining ingredients until well combined. Pour the liquid over the chickpea mixture and stir until the ceviche is thoroughly mixed.

Cover the bowl and chill for at least 1 hour.

Serve chilled.

Nutrition Facts

Servings: 4

Amount per serving

Calories **77**

% Daily Value*

| | |
|--------------------------|-----|
| Total Fat 1.3g | 2% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 221mg | 10% |
| Total Carbohydrate 14.2g | 5% |
| Dietary Fiber 2.4g | 9% |
| Total Sugars 4.5g | |
| Protein 4.1g | |
| Vitamin D 0mcg | 0% |
| Calcium 22mg | 2% |
| Iron 1mg | 5% |
| Potassium 202mg | 4% |

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Mushroom Fajitas (6 Servings)

- 4 large Portobella Mushrooms**
- 2 tablespoons 'Chili Seasoning'**
- 2 cloves Garlic, minced**
- 2 tablespoons Water**
- 3 tablespoons Lime Juice**
- 1 large White Onion, sliced**
- 3 Bell Peppers (Red, Orange, & Yellow), seeded and sliced**
- Corn Tortillas**



Preheat oven to 450° F.

Clean the mushrooms by wiping away any visible dirt. Remove the stem. With a small spoon remove the gills. Slice the mushroom cap and stem into strips approximately 1/3 an inch thick.

In a large bowl combine the seasoning, garlic, water, and lime juice. Whisk until combined. Add the mushroom slices and mix to coat. Set aside for 15 minutes.

Line a baking sheet with foil. Pour the mushrooms onto the pan. Add the onions and peppers. Bake for 25 minutes until the vegetables are soft and slightly charred. Remove from oven and allow to rest 5 minutes.

Serve with warmed corn tortillas and your favorite taco toppings

Nutrition Facts

Servings: 6

Amount per serving

Calories **132**

% Daily Value*

| | |
|--------------------------|-----|
| Total Fat 1.5g | 2% |
| Saturated Fat 0.1g | 1% |
| Cholesterol 0mg | 0% |
| Sodium 228mg | 10% |
| Total Carbohydrate 26.7g | 10% |
| Dietary Fiber 5g | 18% |
| Total Sugars 5.6g | |
| Protein 5.2g | |
| Vitamin D 0mcg | 0% |
| Calcium 38mg | 3% |
| Iron 1mg | 8% |
| Potassium 559mg | 12% |

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'Chili Seasoning' (about 24 tablespoons)

| | |
|-----------------------------|-----------------------------|
| 6 Bay Leaves, dried | 1 1/2 teaspoon Onion Powder |
| 2 teaspoons Basil, dried | 1/2 teaspoon Garlic Powder |
| 1/2 cup Parsley, dried | 1/4 cup Smoked Paprika |
| 1 tablespoon Oregano, dried | 6 tablespoons Cumin Powder |

Combine bay leaves, basil, parsley, and oregano in a spice grinder and blend until finely powdered. Pour into a medium mixing bowl and add the remaining ingredients. Stir to combine.

Store in an airtight container. Good for up to 6 months.

| Nutrition Facts | |
|-------------------------|----------------|
| Servings: 24 | |
| Amount per serving | |
| Calories | 10 |
| | % Daily Value* |
| Total Fat 0.5g | 1% |
| Saturated Fat 0.1g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 4mg | 0% |
| Total Carbohydrate 1.6g | 1% |
| Dietary Fiber 0.7g | 2% |
| Total Sugars 0.2g | |
| Protein 0.5g | |
| Vitamin D 0mcg | 0% |
| Calcium 21mg | 2% |
| Iron 1mg | 8% |
| Potassium 64mg | 1% |

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Recipe analyzed by **verywell**