

# Cinco de Mayo



## VEGGIE TACO CLASS

Indulge yourself in the incredible world of all-plant-based veggie tacos!

**VEGAN COOKING 101**

**MONDAY, APRIL 29TH | 5:00 - 7:30 PM**

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# JACKFRUIT CARNITAS TACOS WITH MANGO SALSA

## INGREDIENTS:

1 package Upton's Chili Lime Carnitas  
1 tablespoon vegetable oil  
1 12 oz. Jensen's Mango Salsa  
1 12 oz Jensen's Guacamole  
1 8 oz. package shredded lettuce  
1 package organic corn tortillas  
Oil for frying

## WHITE SAUCE:

1/2 cup vegan mayo or sour cream  
Juice of 1/2 lime

## DIRECTIONS:

Heat a small frying pan with 1/4 inch of vegetable oil to medium high. Using tongs fry the tortillas one at a time, submerge one half of the tortilla in the hot oil and cook for about 20 seconds or until crisp, turn the tortilla and fry the other half then transfer to paper towels to drain. Place the fried taco shells on the paper towels upside down spreading them open slightly before they cool.

Heat a second medium skillet with a tablespoon of oil to medium high. Add the jackfruit and shred it with a fork as you stir and cook it. Fry the jackfruit for 4-6 minutes or until it is thoroughly heated.

In a small bowl combine the vegan mayo or sour cream with the lime juice, stir to blend.

Fill the prepared taco shells with the carnitas, guacamole, and lettuce, drizzle on the white sauce and top with mango salsa. Serve hot.



Recipe from Jensen's Foods Cooking Vegan recipe collection  
with Liz Gary. [www.jensensfood.com](http://www.jensensfood.com)

# GRILLED NO-FISH TACOS

## INGREDIENTS

### FISHLESS FILLETS:

16 ounces of firm tofu or zucchini  
2-3 tablespoons fish seasoning  
Avocado oil for grilling

### WHITE SAUCE:

1/2 cup vegan mayo  
Juice 1 lime

### ACCOMPANIMENTS:

8-10 corn tortillas  
1 cup each red and green cabbage, thinly sliced  
Guacamole or avocado slices  
Pico de Gallo  
Assorted Salsa  
Lime wedges  
Sprigs of cilantro

## DIRECTIONS

### FISHLESS FILLETS:

Slice tofu into simple triangles and fringe cut the edges or use 2-3 zucchinis cut into 1/2" thick slices. Coat the pieces with seasoning.

Heat a flat grill to medium high. Place a small amount of oil on the surface and grill the tofu or zucchini until golden brown on both sides.

Combine the vegan mayo and lime juice; set it aside.

Warm the tortillas by wrapping them in foil and placing them in a 350° Fahrenheit oven for 10-15 minutes, or heat them on a hot dry flat grill for a minute or two on each side. Keep the tortillas warm and covered.

Build the tacos by placing one or two of the warm fillets in each of the heated corn tortillas. Top them with shredded cabbage, Pico de Gallo, guacamole or avocado slices, and the white sauce. Garnish each taco with a sprig of cilantro and serve with a wedge of lime. Serves six.



# KOREAN BEEFLESS TACOS

## INGREDIENTS

### MEAT & MARINADE:

- 16 ounces of extra-firm tofu
- 3 tablespoons sesame oil
- ¼ cup brown sugar, packed
- ¼ cup soy sauce
- ¼ cup hot water
- ½ teaspoon ground black pepper
- 4 cloves garlic, minced
- 1 tablespoon fresh ginger, grated

### SLAW:

- ¼ small head of purple cabbage, thinly sliced
- ¼ small head of green cabbage, thinly sliced
- 1 large carrot, peeled and shredded
- ¼ cup vegan sour cream
- ¼ cup vegan mayo
- 1 teaspoon garlic powder
- 2 teaspoons Sriracha
- Juice of ½ lime

### ACCOMPANIMENTS:

- 1 dozen small flour tortillas
- 1-2 avocados, diced
- 2 limes, cut into wedges
- Fresh cilantro leaves, stems removed
- Sliced green onions

### DIRECTIONS:

Combine all the ingredients for the marinade in a medium non-metallic dish and mix well until the sugar dissolves.

Cut the tofu into ½-inch cubes, then add them to the marinade. Cover the dish and refrigerate it for four to eight hours.



Thinly slice the purple and green cabbage, then place them in a medium mixing bowl. Add the grated carrot and toss well.

Combine the sour cream, mayo, garlic powder, Sriracha and lime juice in a medium liquid measuring cup and whisk to combine. Pour the dressing over the slaw mixture and toss it again to coat the cabbage and carrots evenly.

Heat a flat grill or large skillet to medium high. Drain the marinated tofu, and reserve the marinade. Transfer the tofu to the grill and brown it evenly on all sides. Pour small amounts of the marinade over the tofu as it browns.

Heat an additional dry skillet or flat grill to medium high and lightly toast the tortillas on both sides until they begin to brown.

Transfer the tortillas to a serving plate, then top them with the grilled tofu, slaw, diced avocado, sliced green onions, and a sprig of fresh cilantro. **Makes six to eight tacos.**

Recipe from *Black Belt in TOFU: Today's Plant-Based, Protein-Rich Alternative to Meat, Seafood, Eggs & Dairy*