



# FOODWAYS SYMPOSIUM RECIPES

## TEX-MEX JACKFRUIT TACOS

Yield: 4 Entrée Servings/Portions

### INGREDIENTS:

- 2-3 Tbsp. EVOO
- 1 onion, diced
- 1 lb. shredded jackfruit
- 2 tsp. oregano, dried
- ½ tsp. coriander, ground
- 1 Tbsp. cumin, ground
- 1 Tbsp. chili powder
- 1 Tbsp. garlic powder
- ½ cup vegetable stock or water
- 8 whole grain tortillas (6-8")
- 1 bunch cilantro, chopped
- 1 head romaine lettuce (or other greens), shredded
- 1 pint pico de gallo/fresh salsa
- 3 limes, zest and juice
- 2 avocados, sliced
- ½ cup cheddar, chihuahua, or queso fresco cheese, shredded
- Sour cream, if desired
- Salt and pepper, to taste

### DIRECTIONS:

1. Dice onion, shred lettuce, and chop cilantro. Set aside.
2. Zest and juice limes. Slice avocados and top with juice of 1-2 limes.
3. Heat EVOO in a large sauté pan over medium heat.
4. Sauté onions until translucent. Add jackfruit.
5. Stir in the oregano, coriander, cumin, chili powder, garlic powder, salt, and pepper. Cook for 30 seconds.
6. Top mixture with ¼ cup water or stock to moisten. Add remaining water or stock if too dry.
7. Once mixture is heated through, taste and adjust seasoning.
8. Assemble tacos by layering jackfruit on one side of a tortilla. Then, top with lettuce, cheese, avocado, sour cream, pico de gallo, and cilantro.

## LEMON-HERB LENTIL SOUP

Yield: 6 Entrée Servings/Portions

### INGREDIENTS:

- 2-3 Tbsp. EVOO
- 2 cups onion, diced
- 1½ cups carrot, diced
- 1½ cups celery, diced
- 3 cloves garlic, minced
- 2 tsp. thyme, dried
- ½ tsp. coriander, ground
- ½ tsp. black pepper, ground
- 2 bay leaves
- 2 cups red or brown lentils
- 8 cups vegetable stock or broth
- 1½ cups kale, chiffonade
- 1½ cups baby spinach
- 2-3 lemons, zest and juice
- ¼ cup dill, fresh
- ¼ cup parsley, fresh
- Salt to taste

### DIRECTIONS:

1. Heat EVOO in a large stock pot over medium heat.
2. Add onions, carrots, & celery and cook until softened (about 4-5 minutes).
3. Stir in the garlic, thyme, coriander, black pepper, & bay leaves and cook for 30-45 seconds.
4. Stir in the lentils and toast for 1 minute; then, add broth/stock.
5. Bring soup mixture up to a boil. Then, reduce heat to a simmer. Cook (covered) for about 35-45 minutes.
6. Uncover the pot and stir in kale and spinach. Then, cook uncovered until greens are wilted.
7. Take the soup off heat and stir in the juice and zest of a lemon; add more juice and zest to taste.
8. Then, stir in fresh herbs and salt to taste.
9. Adjust seasoning.