

COOKING SHOW #119 - STREET FOOD FAVORITES

Pizza Taquitos

INGREDIENTS

Pizza Sauce

- 1 15 oz. can tomato sauce
- 1 tablespoon Italian seasoning
- 2 teaspoons minced garlic
black pepper, to taste
- 1/2 teaspoon crushed red pepper
(optional)

Veggie Filling

- 1 red onion, diced
- 1 bell pepper, diced
- 4-6 mushrooms, chopped
- 1 handful fresh spinach, chopped

Taquitos

- corn tortillas
- Pizza Sauce
- Veggie Filling
- Cauliflower Walnut Crumble
- black olives, sliced (optional)
- any of your favorite pizza toppings
- Cheese Sauce, for dipping



METHOD

Prepare the Pizza Sauce by adding all the ingredients to a mixing bowl and whisking together. Set aside.

Prepare the Veggie Filling by adding all the ingredients except the spinach to a skillet. Sauté over medium-heat for about 5 minutes, adding a little water or veggie broth as needed to keep from sticking.

To assemble, add the pizza sauce, sautéed veggie filling, spinach, and any other items you'd like, such as black olives or our new Cauliflower Walnut Crumble, to a mixing bowl and stir to combine.


Warm the tortillas so they do not split apart in the oven. Add 1-2 tablespoons of filling mixture to the end of the tortilla and roll into a taquito. Place on a parchment-lined baking sheet.

Bake at 400°F for 17-20 mins or until your desired crispiness. Dip in the Cheese Sauce from this episode!

Chef's Notes

Save time by using WYW Pizza Sauce!
Dip these in WYW Cheese Sauce to
save even more time!



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Cauliflower Walnut Crumble

INGREDIENTS

- 5-8 mushrooms
- 1/2 cup raw walnuts
- 1 tablespoon paprika
- 1 tablespoon mild chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 teaspoons chipotle powder
- 1 teaspoon liquid smoke
- 1 lime, juice
- 1 12 oz. bag frozen riced cauliflower

METHOD

Begin by adding the mushrooms and walnuts to a food processor and process to a coarse, ground texture.

Add the mushroom and walnut mixture to a large skillet along with everything else except the riced cauliflower. Dry sauté on high heat for a couple minutes, stirring almost constantly.


Add the riced cauliflower and continue cooking for a few more minutes while stirring, in order to steam off the remaining moisture. Don't overcook the cauliflower as we want that al dente crunchy texture.

Once done remove from the heat and enjoy with the Potato Nachos, Walking Taco, or Pizza Taquitos from this episode!

Chef's Notes

For a saltier taste feel free to add a tablespoon of soy sauce or tamari.



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Cheese Sauce

INGREDIENTS

- 1 1/2 cups soy milk
- 1/2 lemon, juiced
- 2 garlic cloves
- 1 teaspoon onion powder
- 3/4 cup nutritional yeast
- 1 teaspoon miso paste (optional)
- 1 dried chili pod
- 1/2 teaspoon ground cumin
- 1/2 15 oz. can pumpkin purée

Chef's Notes

To be clear, this does NOT taste like pumpkin, it tastes like a tasty nacho cheese sauce!

You could also try this with a cup of frozen butternut squash instead of the pumpkin.

METHOD

First add the soy milk then add all the remaining ingredients to a high-speed blender and blend until smooth.

Add a little more soy milk to make it more liquidy or more pumpkin to thicken it up.

Enjoy drizzled on the Potato Nachos, the Walking Taco or as a dipping sauce for the Pizza Taquitos.



 COOKING SHOW #111 - LUNCH ON THE GO

Potato Nachos

INGREDIENTS

- 3 russet potatoes, cooked and cooled overnight**

Toppings

- **Cheese Sauce**
- **Walnut Cauliflower Crumble**
- **black beans**
- **green onion, chopped**
- **jalapeño, diced**
- **fresh cilantro, chopped**
- **avocado, cubed**
- **black olives, sliced**
- **tomatoes, diced**

METHOD

Slice the potatoes into thin rounds and air fry or bake at 400°F for about 20-30 minutes or until crispy golden brown.

Place some of the potatoes chips in a bowl and add the Cheese Sauce and Cauliflower Walnut Crumble. Top with as many toppings from the list as you'd like.



Walking Tacos

INGREDIENTS


- **homemade tortilla strips**
- **Cauliflower Walnut Meat**
- **Cheese Sauce**
- **black beans**
- **green onion, chopped**
- **jalapeño, diced**
- **fresh cilantro, chopped**
- **avocado, cubed**
- **black olives, sliced**
- **Pico de Gallo**
- **tomatoes, diced**

METHOD

To make the tortilla strips, cut corn tortillas into your desired size of strip, spread on a baking sheet, and bake at 400F for just a few minutes until crispy.

In a cup, bowl, or small container add the tortilla strips, Cauliflower Walnut Crumble, Cheese sauce and any other toppings you'd like!

Enjoy with a fork!

 COOKING SHOW #119 - STREET FOOD FAVORITES

Onion Bhaji

INGREDIENTS

- 2 large red onions, sliced thin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon garlic powder

Batter

- 1/2 cup chickpea flour
- 1/2 lemon, juiced
- 2 tablespoons tomato paste
- 1/4 cup water

METHOD

In a large skillet, dry sauté the onion and seasonings on medium-high heat for 5 minutes, stirring often to remove as much moisture as possible. Be careful not to burn them! Remove from the stove and set them aside in a large mixing bowl.

To prepare the batter, add the batter ingredients to a mixing bowl and whisk or stir to combine. It should be a very thick paste at this point. Add about 3/4 of the batter to the bowl with the onions and stir to coat well. Gradually add some additional batter as desired.

Line a baking sheet with parchment paper. Use a spoon to scoop some of the mixture out and make about 1 inch sized mounds. Repeat until all the batter is gone, making 6-8 bhaji.

Bake at 400°F for about 20-25 minutes. Enjoy on their own, or dip them in the Cheese Sauce, hummus, or WYW Indian Everything Sauce!

Chef's Notes

When we made these on the show, they did not get crispy like traditional deep-fried bhaji, but they were oh so delicious!



COOKING SHOW #119 - STREET FOOD FAVORITES

Elote Salad

INGREDIENTS

Dressing

- 1/2 cup raw cashews or extra-firm tofu**
- 1 lemon, juiced**
- 1 tablespoon apple cider vinegar**
- 1/4 teaspoon mild chili powder or paprika**
- 1/4 teaspoon garlic powder**
- 1/4 teaspoon onion powder**
- 1/4 teaspoon ground cumin**
- 1/4 cup water + more as needed**

Salad

- 2 cups frozen fire roasted corn, thawed**
or
- 2 15 oz. cans corn, drained**
- 1/3 cucumber, diced**
- 1/4 jicama, peeled and sliced**
- 1/2 small red onion, diced**
- 1 jalapeño or mild chili pepper, diced**
- 1 handful fresh cilantro, chopped**

METHOD

To prepare the dressing, add all the ingredients to a high speed blender and blend until smooth. It is a good idea to add the water gradually, just enough to allow the blender to operate smoothly.

Add all the salad ingredients to a large mixing bowl and gradually add the dressing to reach your desired sauciness. Stir well to combine.

Top with more fresh cilantro, WYW Chili Lime, WYW Nooch, and/or a squeeze of lime.

