Sweet Potato and Black Bean Burritos
Makes approx. 10 servings. ½ recipe if you don’t have a large pan or if you don’t want that much!

1 tablespoon olive oil
2 pounds of yams, peeled and diced into 1/2 inch chunks
3 cups cooked brown rice
2 sweet onions, chopped
4 cloves garlic, minced
2 red peppers, chopped
2 tsp salt, or to taste
1 tablespoon ground cumin
1/2 tsp cayenne pepper
2 15-oz cans of black beans

Preheat a very large pan over medium heat. Add the olive oil and yams to the pan and stir them around. Let the yams cook for about 5 minutes while you prepare the rest of your ingredients.

Add the onion and garlic to the yams, cook for about 5 more minutes stirring occasionally. Add the seasonings and cook for 1 more minute.

Add the chopped red pepper, black beans and rice and sauté for another 10 minutes on low or until the yams are easily pierced with a fork.

Mango and Black Bean Quinoa Salad

Ingredients:
1 1/2 cups diced mango (I use frozen because it’s easier)
1 red bell pepper, diced small
1 small red onion, diced small
1 bunch cilantro, minced, stem and all
2 tablespoons red wine vinegar
2 tablespoons hemp oil, grapeseed oil or olive oil
1/4-1/2 teaspoon salt
2 cups cooked & cooled quinoa
1 15oz can black beans, rinsed and drained

Combine the mango, pepper, onion, cilantro, vinegar, oil and salt in a large mixing bowl. Add the quinoa and stir to incorporate. Fold in the black beans. Serve immediately or for best results refrigerate for 30 minutes to let the favors come together.
**Bite Sized Peanut Butter Cookies**

1 cup cashews  
1 cup pitted dates  
1/2 cup peanut butter  
1 1/2 teaspoons vanilla  
1/4 teaspoon salt (optional)

Place cashews and pitted dates in a food processor and process for a minute or so, until a fine crumb forms. Add the peanut butter, vanilla and salt (if using) and process until smooth.

If baking (recommended): Pre-heat oven to 350˚ and lightly grease a cookie sheet. Shape into bite size cookie shapes and bake for 8 minutes. I emphasize bite size here because they will be extremely crumbly after they are baked. So you will want to pop the whole thing in your mouth at once or else it will fall apart. Free or refrigerate anything you don’t eat right away.

If eating raw: Roll into balls or cookie shapes and place on parchment paper. Freeze or refrigerate.