

Smiling Mango's

New Year's Day

Menu



Mexican New Year's Day Dinner

Recipes by Diana Steevelaar

Pina Colada

Gazpacho Soup

Fiesta Salad with Fiesta Dressing

Mexican Greens

Salsa Fresca

Guacamole Supreme⁵

Tostadas or Corn Chips

*Mexican "Rice" or Mexican Rice **

"Refried Beans"

Where's the Beef?

Nacho "Cheeze" Sauce

Sour "Cream"

Banana Mango Ice Cream

**Cooked alternatives to raw dishes are marked with an asterisk*

Shopping List

Vegetables

Avocado
Carrots
Chayote Squash
Collard
Cucumber
Cucumber
Fresh Cilantro Leaves
Fresh Corn
Fresh Lemon Or Lime
Garlic
Green Onion
Green or Black Lacinato Kale
Leaves
Jalapeno Pepper
Jicama
Parsnips
Radishes
Red Bell Pepper
Red Or White Onion
Romaine Lettuce
Tomato
White Or Yellow Onion
Zucchini

Fruit

Banana
Mango
Pineapple
Yellow Pepper
Young Coconut

Nuts + Seeds

Cashew Or Macadamia
Golden Flax Seeds
Pine Nuts
Pumpkin Seeds
Sunflower Seeds

Herbs + Spices

Cayenne
Celery Powder, Kelp or Dulse
Chili Powder
Cumin Powder
Garlic Powder
Jalapeno Pepper
Mexican Seasoning

Pantry Items

Agave Syrup
Apple Cider Vinegar
Better Than Beef
Celtic Sea Salt
Corn Or Wheat Tortilla
Dark Miso Paste - Unpasteurized
Extra Virgin Olive Oil
Ice Cubes
Purified Water
Raw Almond Butter
Raw Salsa
Rum Extract
Sun Dried Tomatoes
Sun Dried Tomatoes
Vegan Sour Cream
Vegetable Broth

Recipes

Pina Colada

Ingredients:

¼ large pineapple or 1/2 small pineapple, chilled, peeled and coarsely chopped
1 young coconut, chilled, water and flesh
½ tsp rum extract, optional
agave syrup to sweeten, optional
ice cubes as desired

Directions:

Blend all the ingredients together until smooth adding ice cubes to achieve desired consistency. Sweeten if desired.

Gazpacho Soup

Ingredients:

3 tomatoes, chopped
1/2 red pepper, chopped
1/2 yellow pepper, chopped
1/4 small zucchini
1/4 cucumber
2 Tbsp. red onions
½ cup corn, optional
¼ cup cilantro, chopped
1 clove garlic, mashed, optional
1 Tbsp lime juice
pinch of cayenne

Directions:

Blend half of the ingredients in the blender until smooth, then add the remaining ingredients and pulse chop until they are finely chopped. Alternatively, you may pulse chop ½ of the ingredients in a food processor and then add to the soup base and stir. Pour into a bowl and enjoy. Gazpacho can be stored in the fridge for 2 days



Fiesta Salad

Ingredients:

- 8 Cups Romaine lettuce, cut into bite size
- 1 Red Bell pepper, washed, seeded and chopped
- 1 tomato, cut into eighths
- 1 cup of fresh corn
- 1 cup cucumber, sliced and cut into quarter pieces
- 2 radishes, sliced and cut in quarter pieces
- ½ cup Jicama, julienne cut
- ½ cup Chayote squash, julienne cut
- ¼ cup fresh cilantro leaves, stemmed

Directions:

Mix the ingredients in a salad bowl, garnish with cilantro. Serve with Fiesta dressing.

Fiesta Dressing

Ingredients:

- ½ cup extra virgin olive oil
- ½ cup fresh lemon or lime juice or a combination
- ½ tsp. Mexican chili powder seasoning
- ¼ tsp. Celtic sea salt
- ¼ cup cilantro leaves

Directions:

Blend all the ingredients except cilantro in a blender until smooth and creamy, then add cilantro and pulse chop for a few seconds.

Mexican Greens

Ingredients:

- 4 curly green or black Lacinato kale leaves, stems removed and reserved for juicing
- 2 collard leaves, stems removed and reserved for juicing
- ¼ cup of cilantro, chopped
- ½ red pepper, chopped
- 1/8 - ¼ cup lemon juice
- 2 Tbsp pumpkin seeds, soaked for 6 hours
- ¼ tsp Mexican seasoning (Frontiercoop.com)
- celery powder, kelp or dulse to taste

Directions:

Chop the kale and collards in ribbons by hand or pulse chop finely in a food processor, then transfer to a salad bowl. Mix the seasonings into the lemon juice and pour over the greens. Work the dressing into the greens with your hands for several minutes to tenderize them. Add the red pepper and the cilantro and pumpkin seeds and allow to marinate for 10 minutes at room temperature before serving. Mexican Greens will keep for 3 days in the refrigerator.

Salsa Fresca

Ingredients:

2 large tomatoes, diced into ¼" cubes
½ cup finely chopped red or white onion, rinsed
2 cloves garlic, minced
½ jalapeno pepper (seeds removed), minced
1 Tbsp. lime or lemon juice
½ cup fresh cilantro leaves, chopped
½ tsp. Celtic Salt

Optional: 1 tsp. apple cider vinegar

Directions:

Mix all the ingredients in a bowl. For best flavor allow the salsa sit for one hour at room temperature before serving. Alternatively, pulse chop all the ingredients in a food processor. For best flavor allow the salsa sit for one hour at room temperature before serving. Serve with dehydrated or baked corn chips.

Guacamole Supreme

Ingredients:

2 ripe avocados
½ cup diced tomatoes
2 Tbsp. lime or lemon juice
¼ cup finely chopped fresh cilantro
1 Tbsp. finely chopped green onion, rinsed
1 clove garlic, minced
1 tsp. cumin
¼ tsp. cayenne (or mince in fresh, hot chilies with seeds removed)
½ tsp. celtic salt

Directions:

Put all the ingredients in a bowl and mash with a fork or a potato masher.

Alternatively, blend all the ingredients except the tomatoes in a personal blender for fifteen seconds. Add the tomatoes and blend for five seconds. Serve with dehydrated or baked corn chips.

Tostadas or Corn Chips

Makes 2 Excalibur's dehydrator trays chips or 6 Tostada shells

Ingredients:

- 4 cups fresh corn kernels
- ½ cup purified water
- 1 tsp. Celtic Sea Salt
- ½ cup ground golden flax seeds
- ¼ cup hemp seeds

Directions:

Blend corn, water and salt in a blender on high speed until smooth. Blend corn, water and salt in a blender on high speed until smooth. Add hemp seeds and blend on low speed until mixed together, leaving seeds whole.

FOR TOSTADAS:

On a dehydrator mesh tray, place a Teflex sheet. Measure 1/3 cup of the mixture and place in each of the four corners on top of the Teflex sheet. Using a spoon, smooth out the mixture in a round form with a diameter of 6" or 15cm. Dehydrate at 105° F for 8-12 hours. Remove Teflex sheet by flipping the sheet over onto the mesh dehydrator tray. Gently peel off the Teflex sheet by lifting one corner of the sheet and pulling it off until completely removed. Place the tray in the dehydrator and dehydrate at 105° F for 12-18 hours until shells are crispy. Let them cool; store in a sealed container in a cool dark place, preferably a fridge or a freezer.

FOR CORN CHIPS:

On a dehydrator mesh tray, place a Teflex sheet. Spread half of the mixture on top of each Teflex sheet. Dehydrate at 105° F for 2 hours. Score the mixture into 64 triangles. Dehydrate further at 105° F for 12 hours. Remove Teflex sheet by flipping the sheet over onto the mesh dehydrator tray. Gently peel off the Teflex sheet by lifting one corner of the sheet and pulling it off until completely removed. Place the tray in the dehydrator and dehydrate at 105° F for 12-18 hours until chips are crispy. Break the chips apart at score lines. Let them cool; store in a sealed container in a cool dark place, preferably a fridge or a freezer.

Testadas

Ingredients:

Tostada shells**
Sunflower “refried beans”
Where’s the Beef
Nachos Cheeze sauce
Shredded lettuce
Guacamole or sliced avocado
Salsa or chopped tomato
“Sour cream”

Directions:

Assemble Tostadas by layering the ingredients in the order listed above, on top of your chosen shells**.

*** Lettuce, cabbage, collard or chard leaves can be substituted for the shell or use corn or wheat tortillas heated in dry skillet until soft.*

Mexican “Rice”

Ingredients:

2 Tbsp. chopped red onion
1 large clove garlic, minced
2 teaspoons olive oil
1-2 medium parsnips (peeled and minced in food processor to equal 1 cup)
4 sun dried tomato halves, soaked for 2-4 hrs
3 Tbsp. of the sun dried tomato soak liquid
1/4 teaspoon cumin powder
1/2 teaspoon celtic sea salt

Directions:

Rinse the onion and garlic by submerging in filtered water, swishing and draining them. Next place the onion and garlic on a teflex sheet and dehydrate for 4 hrs. to soften and sweeten the vegetables and help to evaporate much of the volatile mustard oils.

Next, mix the dehydrated veggies with the parsnip “rice”, add sun dried tomatoes and soak water, chili powder, cumin and sea salt. Stir this mixture until well combined. Adjust seasonings to taste. Let this mixture marinate for approximately 4-6 hours in the fridge for the flavors to marry. Warm for 20-30 minutes in a dehydrator set at 115°F until warm. Enjoy with other Mexican dishes.

*Mexican Rice **

Ingredients:

¼ cup vegetable broth
½ onion, chopped
2 cloves garlic
½ tsp. cumin powder
1½ cup uncooked rice
6 Roma tomatoes, chopped
¾ cups vegetable broth

Directions:

In a saucepan, over medium heat, dry sauté the rice until golden brown. Add the ¼ cup of vegetable broth, onion, garlic and cumin and cook for a few minutes. Add tomatoes and sauté, stirring constantly, until the liquid has evaporated. Add the remaining vegetable broth and stir to mix the ingredients. Cook at high heat until the broth comes to a boil. Lower the heat and simmer for about 10 minutes until the liquid level has been reduced to just below the surface of the rice and holes begin to form in the rice. Cover the pan and continue cooking on very low heat for approximately 15 minutes until all the liquid is absorbed. Serve immediately.

"Refried Beans"

Ingredients:

4 cups soaked sunflower seeds (2 ½ cups before soaking)
¼ white or yellow onion, chopped
2 tsp. chili powder
2½ tsp. cumin powder
1 tsp. Celtic Sea Salt
2 Tbsp. raw almond butter
¾ cup pure water

Directions:

In a food processor, puree all the ingredients until smooth. Pour into a serving dish and place it on a wire cooling rack set inside the bottom of the dehydrator. Warm at 105°F for 20-30 minutes.

Where is the Beef?

Ingredients:

4 cups carrot, grated finely
1 cup sun-dried tomatoes, soaked one hour or more, drained and pureed in a blender (reserve water for drinking, soup, or salad dressings)

1/3-1/2 red onion, finely minced
2. garlic cloves, crushed
1 Tbsp. chili powder
2 tsp. cumin powder
¼ tsp. cayenne
1 tsp. celtic sea salt

Directions:

Using the food processor, finely chop the grated carrots in 2 separate batches, if necessary. Mix and puree the drained sun dried and the rest of the ingredients. Using your hands, mix all ingredients together well in a large bowl. For best flavors, let the mixture sit for an hour or more. Best served just after warming in the dehydrator at 105 degrees. Use as a topping for Tostadas or as a filling for Burritos or Tacos.

Nacho "Cheeze" Sauce

Ingredients:

¼ to ½ cup purified water
1 Red bell pepper, washed, seeded and quartered
½ cup pine nuts, soaked
½ cup sunflower seeds, soaked
1½ Tbsp. nutritional yeast flakes
1 clove garlic, minced
1 Tbsp. fresh lemon juice
1 tsp. Celtic sea salt
1/16-1/8 tsp. cayenne pepper

Directions:

Presoak the nuts and seeds overnight (or for at least 2 hours) in purified water. Rinse the nuts and seeds. Put all of the ingredients in a blender and blend until smooth and creamy. Can be stored in a fridge for 2-3 days.

Sour "Cream"

Ingredients:

1½ cup Cashews or macadamia or pine nuts, soaked
½ cup water
½ tsp. Celtic sea salt
1 Tbsp. Lemon juice

Directions:

Blend all the ingredients in a blender until smooth and creamy.

Banana Mango Ice Cream

Ingredients:

Allow one mango and one banana per person

Frozen Mango cubes or slices

Frozen Banana chunks (1"- 2" in length)

Directions:

Freeze juicer parts and dessert bowls for ½ hour before making the ice cream. Using a Green Star or Champion or other masticating juicer (not centrifugal) with the homogenizing blank plate in place, process the banana and mango pieces alternating them in order to combine the flavors.

Alternatively, using a food processor with the grating blade in place, grate the bananas and mango. When the food processor is full, change to the "S" blade and process the banana-mango mixture until smooth.

Serve immediately in a chilled dessert bowl. Enjoy your guilt-free ice cream!

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