

TABITHA BROWN'S HOMESTYLE JACKFRUIT TACO

INGREDIENTS - MANGO SALSA

- 2 MANGOS
- 3/4 CUP RED ONION
- 1/2 CUP CUCUMBER
- 1 AVOCADO
- 1/2 CUP SCALLIONS
- 3 TBSP. LIME JUICE

INSTRUCTIONS - MANGO SALSA

1. Mix together all ingredients in a bowl and enjoy with your tacos!

INGREDIENTS

- CANNED JACKFRUIT
- 6 SCALLIONS
- JAMAICAN JERK SEASONING
- 1/4 CUP TAMARI
- LEMON PEPPER
- 4 CLOVES GARLIC
- 1 GRATED GINGER
- 2 TBSP. TOMATO PASTE
- 3 TBSP. LIME JUICE
- 1 JALAPENO (OPTIONAL)
- FRESH LEMON JUICE
- TACO SHELL

INSTRUCTIONS

1. Make sure you squeeze out all the water
2. Put it in your pan and make sure the pieces are broken down real good
3. Season the jackfruit with the lemon pepper, Jamaican jerk seasoning, tamari, garlic cloves, ginger, tomato paste and lemon juice
4. Sprinkle jalapeno if desired
5. Sautee it for 10 minutes so it's cooked all the way down until it starts getting brown
6. Add the jackfruit and mango salsa to the taco and then add your favorite toppings and enjoy



TABITHA BROWN'S HOMESTYLE PLANTAIN CHIPS

INGREDIENTS

- 3 RIPE PLANTAINS
- 1 TABLESPOON NEUTRAL COOKING OIL, SUCH AS CANOLA OIL
- 1/8 TEASPOON KOSHER SALT

INSTRUCTIONS

1. Slice plantains, diagonally, into 1/2-inch thick pieces.
2. Toss plantains in a bowl with oil and salt until evenly coated. Arrange plantains in a single layer on to Air Fry tray*.
3. Set the LG Air Fry mode to 400°F.
4. Air fry plantains for 4 minutes. Flip and continue cooking until browned on the outside and tender on the inside, 4 to 6 minutes more. Serve warm.

*If you do not have an air fry tray, place food on a wire rack inside a foil-lined cookie pan.



TABITHA BROWN'S HOMESTYLE MAC N CHEESE

INGREDIENTS

- 1 BUTTERNUT SQUASH
- 2 POTATOES
- GARLIC AND HERB SEASONING
- 1 BOX OF NOODLES
- 1 TBSP. BUTTER
- 1 CUP PLAIN UNSWEETENED YOGURT (CASHEW OR ALMOND MILK)
- ½ CUP NUTRITIONAL YEAST
- ½ CUP CHEDDAR AND MOZZARELLA SHREDS
- 1 TSP. GARLIC POWDER
- ½ CUP VEGGIE BROTH
- ½ TSP. PAPRIKA (OPTIONAL)

INSTRUCTIONS

1. Cut the butternut squash and potatoes and bring them to a boil.
2. Add the garlic and her seasoning to the boiling pot (as much as you want because that's your business.)
3. Drain and sit to the side.
4. Boil your noodles in a separate pot.
5. Add a little pink salt and spices to the boiling pot of noodles.
6. Drain the noodles.
7. In a new pan add butter with the squash and potatoes.
8. Add plain unsweetened yogurt (can be almond or cashew)
9. Add nutritional yeast and cheddar and mozzarella shreds.
10. As its cooking add garlic powder.
11. Stir them all together until it gets real creamy.
12. Add a little veggie broth to your cheese mixture then stir some more.. Add
13. noodles to the cheese mixture and mix.
14. After you can bake it if you'd like (either way because that's your decision)
15. Top with paprika if you'd like to.

