

Walnut Tacos with Red Pepper Corn Salsa on Collard Greens

This recipe is from *Healthful Cuisine* by Dr. Anna Maria Clement, PhD, NMD & Chef Kelly Serbonich, Creators of the Raw Food Cuisine of the Hippocrates Health Institute.

Walnut Tacos:

- 3 C. walnuts, soaked & dehydrated
- 1 clove garlic
- 2 T. chili powder
- 1/4 t. cayenne
- 1 t. Bragg's Liquid Aminos

Red Pepper Corn Salsa:

- 2 C. red bell pepper
- 1/2 red onion
- 1 cup fresh corn (I use frozen when out of season)
- 1/2 C. baby carrots or regular carrots, cut for processing in food processor
- 1/3 C. sliced scallions
- 2 Avocados
- 1/2 - 1 C. fresh cilantro
- 1 t. kelp powder
- cayenne to taste
- 1 1/2 T. fresh lemon juice
- 1 T. extra virgin olive oil

To make the walnut tacos simply combine all ingredients in food processor & processed to appropriate texture. Use the Collard Greens as a shell to hold this filling.

To make the salsa: Reserving the corn, all ingredients are combined & processed in food processor to salsa consistency, then mixed with the corn. This is used to top the Walnut Taco mixture inside the Collard Green.

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To make the walnut tacos simply combine all ingredients in food processor & processed to appropriate texture. Use the Collard Greens as a shell to hold this filling.

To make the salsa: Reserving the corn, all ingredients are combined & processed in food processor to salsa consistency, then mixed with the corn. This is used to top the Walnut Taco mixture inside the Collard Green.

Shopping List

Walnut Tacos with Red Pepper Corn Salsa on Collard Greens

Ingredients	Wieght or Volume	PLU #
<u>Walnut Tacos:</u>		
walnuts, soaked & dehydrated	3 C.	_____
clove garlic	1	_____
chili powder	2 T.	_____
cayenne	1/4 t.	_____
Bragg's Liquid Aminos	1 t.	_____
<u>Red Pepper Corn Salsa:</u>		
red bell pepper	2 C.	_____
red onion	1/2	_____
fresh corn (I use frozen when out of season)	1 cup	_____
baby carrots or regular carrots, cut for processing in food processor	1/2 C.	_____
sliced scallions	1/3 C.	_____
Avocados	2	_____
fresh cilantro	1/2 - 1 C.	_____
kelp powder	1 t.	_____
cayenne to taste		_____
fresh lemon juice	1 1/2 T.	_____
extra virgin olive oil	1 T.	_____

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fresh corn (I use frozen when out of season)	1 cup	_____
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sliced scallions	1/3 C.	_____
Avocados	2	_____
fresh cilantro	1/2 - 1 C.	_____
kelp powder	1 t.	_____
cayenne to taste		_____
fresh lemon juice	1 1/2 T.	_____
extra virgin olive oil	1 T	_____