

September Hispanic Heritage Month-Celebrating with Breakfast Brunch

Prepared by Bea

Recipe: B&B Stuffed Breakfast Bell Poblano Peppers -Vegan and No-Vegan option

Ingredients

- 4 large Poblano peppers (cut lengthwise in half and all pulp and seeds removed)
- ½ pound ground pork or ground protein of choice (For vegan option, use ground meatless substitute)
- 1 cup sweet onion (chopped)
- 1 small red bell pepper, chopped
- garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 1/2 cup chicken broth (for vegan option use vegetable broth)
- 1 cup heavy cream (Silk heavy whipping cream for vegan option)
- ¼ cup flat leaf parsley (chopped)
- 3-4 ounces shredded sharp cheddar cheese (for vegan, use cheese substitute of choice)
- ½ cup instant grits

Recipe: Butternut Squash and Black Bean Enchiladas with Avocado Crema

Ingredients

- 1 cup red enchilada sauce, homemade or canned
- 1 tsp olive oil
- 1/2 cups peeled butternut squash, cut 1/2-inch-dice
- salt and pepper, to taste
- 1 small onion, diced
- cloves garlic, minced
- 1 jalapeno, seeded and diced
- 10 oz can Rotel tomatoes with green chilies
- 1 1/2 cups reduced sodium canned black beans, rinsed and drained
- 1/4 cup cilantro
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 cup water
- medium low-carb whole wheat flour tortillas
- 1 cup reduced-fat shredded Mexican cheese
- 2 tbsp chopped scallions, for garnish

- reduced-fat sour cream, for serving (optional)

Recipe: Avocado Cream Sauce

Ingredients

- avocado, cubed
- 4 tablespoons Greek yogurt
- garlic cloves, sliced in half
- 1 tablespoon fresh lime juice
- Cilantro for garnish

Prepared by Vernita

Recipe: Jalapeno Popper Bites

Ingredients

- 2 cups Panko breadcrumbs
- 2 cups shredded cheddar cheese (a little more for topping)
- 2-3 large eggs
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- Nonstick cooking spray
- 10 cream cheese (soften)
- 4 strips bacon, cooked and chopped (turkey or pork) optional
- 4 jalapenos, seeded, diced plus 24 slices for topping

Prepared by Vernita

Recipe: Avocado Bread

Ingredients

- ½ avocado
- 1 egg
- ¾ cup parmesan
- 2 tablespoon everything bagel