

3 Quick & Healthy Vegetarian Mexican Recipes

Description

I have been craving Mexican food lately, but since we choose not to order from food establishments, that means I have to make my own Mexican recipes. No problem, I using simple ingredients most of us have in the kitchen, itâ€™s easy to put something healthy and tasty together in under 30 minutes. To make it easier, omit the meat for Meatless Monday and give these guys a breakâ€¦for at least one day.



Being Monday where no one is happy about the end of the weekend and beginning of a work week, itâ€™s good to keep meal prep nice and simple. Simple is not the same as a convenient drive-thru window at a nearby fast food chain, a little prep in your own kitchen is needed. But, this can be fun and done in less than 30 minutes.

Hereâ€™s what youâ€™ll need:

â€” 1 can of fat-free [refried pinto](#) or [black beans](#)

â€” Reduced fat (part-skim) mozzarella cheese or cheese sticks

â€” Dried cilantro

â€” 16oz Jar of your favorite salsa

â€” 6 inch Corn tortillas; I prefer the [Food For Life sprouted whole grain tortillas](#); or use butter or romaine lettuce for a grain-free option

â€” Garlic, Cumin, and Onion Powder

â€” Cayenne pepper

* Optional toppings: Shredded lettuce, sliced avocado, chopped raw onion (green, red, or yellow), and sour cream (plain yogurt is a great substitute too)

With these ingredients you can make many vegetarian Mexican-style snacks/meals. Hereâ€™s how I make easy tostadas, chips and dip, and bean burritos.

[Bean Tostada](#)



[Photo Credit](#)

Mix the can of refried beans with your jar of salsa, cilantro, garlic, cumin, onion, and cayenne powder. Cut or shred the cheese to your liking. Spread the bean mixture on top of a corn tortilla and sprinkle about 1/2 or 1 ounce of cheese on top; toast in a toaster oven or conventional oven at 375 degrees until the edges start to turn brown and crispy. Remove from oven, let cool, add shredded lettuce, sliced avocado, and a dollop of plain yogurt if desired, and eat!

[Healthy Bean Dip](#)



[Photo Credit](#)

Mix the beans and other ingredients like you did for tostadas, then mix in 6 ounces shredded cheese. Microwave for 30 seconds, stir, microwave 30 more seconds, stir; continue until the cheese is melted and well incorporated in the mix.

Cut the corn tortillas into 6 or 8 wedges, sprinkle with a little salt, and bake in a 350 degree pre-heated oven until lightly browned (about 5 – 8 minutes).

Now you have homemade chips and dip. If you don't want to make your own, [Beanitos](#) are a favorite chip in our home.

Mix the plain yogurt in the dip if you would like, it adds a cool and tangy taste that's pleasing to the palate. For an even healthier option, I choose crudites like raw baby carrots, broccoli, or celery as the perfect dipping devices.

Bean Burritos



[Photo Credit](#)

With the same bean mixture as the other two quick-fix recipes, fill the middle of a corn tortilla (flour tortillas usually contain hydrogenated oils and I do not recommend them) or use a hardy lettuce like butter lettuce or romaine for a grain-free option with about 2 heaping spoonfuls and a half ounce of cheese.

Wrap in paper towel and microwave for 30 – 40 seconds; enjoy! Since these are smaller, you will probably want more than one. They are more like flautas, only not fried and much better in my opinion. For reference, an ounce of cheese is similar to four dice; if shredded, about a 1/4 cup.

The combination of beans and a whole grain like corn provides all essential amino acids to make a [complete protein](#), so you will not miss the meat today. Treat your friends, family, and self to one or all of these easy Meatless Mexican meals this Monday or any day and relax.

Date Created

2016/04/18