

Recipes for Sunbelt

Fruit tacos with chocolate tortillas

Ingredients:

- 1 cup whole wheat flour
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup cocoa powder
- 1/3 cup coconut oil
- 4 tablespoons agave nectar
- 1-1/2 cups warm water
- 1 small papaya
- 1 mango
- 1/2 cup blueberries
- 1 cup strawberries
- 2 kiwis
- Juice from one lime

Directions:

1. In a large bowl combine the all-purpose flour, whole wheat flour, baking powder, salt and cocoa powder. Whisk all the ingredients to combine.
2. Add coconut oil, agave nectar and warm water to the bowl of dry ingredients.
3. Mix the ingredients together with a wooden spoon until a large ball of dough forms.
4. Transfer the ball of dough to a floured work surface and knead the dough for five minutes, adding additional flour if the dough becomes too sticky to handle.
5. Cut the ball of dough in half and roll both pieces back into a ball. Continue to cut the balls of dough in half until you have 16 even pieces. Let the dough rest for 10 minutes.
6. Transfer one ball of dough to a floured work surface and roll the dough into a circle that is one-quarter inch thick and about five inches in diameter.
7. Heat a cast-iron skillet over medium heat. Do not add oil to the pan because the tortillas need to be cooked on a dry surface. Once the skillet is hot, add the rolled out dough and cook for 30 seconds.
8. Flip the tortilla and cook for an additional 30 seconds. Repeat until all of the dough has been used and you have 16 cooked tortillas. Transfer the tortillas to a plate lined with a damp paper towel.
9. Wash all the fruit for the fruit salad. Measure blueberries, chop strawberries, peel and dice kiwis, dice mango, remove the seeds from papaya and peel the skin. Dice the papaya into bite-sized pieces and place all of the fruit in a dish. Drizzle the fruit with the juice of the lime.

Frozen Fruit Smoothie

Ingredients:

- 1 cup assorted frozen fruit
- 1 – 4oz carton low fat flavored yogurt (strawberry and vanilla are two favorites)
- 2 – 4oz cups Sprite (use the yogurt cup)
- 1 - banana

Directions:

1. Combine ingredients in a blender container.
2. Blend until smooth.

**Note: If fruit is not frozen, add 1 cup of ice

Sweet Pecans

Ingredients:

- 1 egg white beaten
- 2 cups of shelled pecans
- 1/4 cup brown sugar
- 1 teaspoon cinnamon

Directions:

1. Stir egg white and pecans together to coat evenly.
2. Mix together brown sugar and cinnamon.
3. Add nut mixture, mix, and coat well.
4. Microwave on high for 4-6 minutes. Stirring every 2 minutes.

* Pecans will not be crunchy until they have cooled.

GiGi's Apple Crisp

Ingredients:

- 6 large apples-peeled, cored, thinly sliced
- ¼ cup water
- Juice of 1 lemon
- 2 cups of dry oatmeal
- 2 cups of all-purpose flour
- 2 cups packed brown sugar
- 2 Tablespoons of cinnamon
- 2 ½ sticks of melted butter

Directions:

1. Preheat oven to 350.
2. Combine apples, water and lemon juice in an 8x8" baking pan.
3. In a bowl, combine oatmeal, flour, brown sugar and cinnamon.
4. Pour in the butter and stir to make a crumbly mixture.
5. Spread the topping evenly over the apples and bake for 45-55 minutes, or until the topping is crisp and browned.

MooMa's Pork Bake

MooMa uses what she is able to find in the kitchen which is why we don't have amounts with the recipe. She says to use as much as you think will taste good!

Ingredients:

- Hunter Cattle Ground Pork
- Vidalia Onion
- Sundried Tomatoes
- Fresh Tomatoes (jarred)
- tomato Paste
- Bell Pepper
- Garlic
- Salt & Pepper
- Penne Pasta
- Mozzarella & Cheddar Cheese

Directions:

1. Brown pork sausage; sauté onions and bell pepper (with pork)
2. Cook penne pasta half way
3. Add pasta, sausage, and all other ingredients except cheese and mix together
4. Spread cheese over top, bake at 350 until cheese melts
5. Serve