

Follow Your Bliss Catering **RECIPE PRO**

Ready to start cooking with more flavors? Here are some of our recipes to get you started.

RECIPE PRO Taco Spice by Chef Roberto Cruz

Taco Spice

Vegetarian Empanadas using FYB & V&G products

1 pound plant based ground beef

(ground beef, pork or chicken for meat eaters)

2 pkg. Empanada Discs

2 oz. FYB Taco Spice

1 oz. V&G Cilantro and Roasted Onion Oil

1 oz. V&G Habanero Olive Oil

1 oz. V&G Butter Olive Oil

V&G Olive Oil for pan fry (medium heat) as needed.

Add Vine & Grind's cilantro, habanero and butter oils to pan, preheat oven to 400. Light Coating with "Follow Your Bliss" Taco Spice, salt and pepper to taste, brown in oil and set aside. Heat frying oil.

Place about 1 Tablespoon in center of each disc, fold and crimp both sides with fork. Fry in Oil and place finished Empanadas on parchment lined cookie sheet. When batch is complete bring back to temp in oven (about six minutes) and serve!

Follow Your Bliss Chicken Fajitas

3 Boneless skinless chicken breasts, butterflied (grill, then julienne or cut in strips and sauté with the following)

1 medium onion, julienned

1 jalapeno or serrano, julienned

1 bell pepper of your favorite color, julienned

1 oz. lemon juice

Light coating of FYB Taco Spice

Himalayan Pink Salt & Pepper to taste

1 dozen corn or ten flour tortillas (heated before serving)

Sauté all ingredients, spoon into heated tortilla. Serve and eat well.