

CHEESE-LESS QUESADILLAS

Vegan Cheese

Kernels from 3 ears of corn
4 tbsp nutritional yeast*
3 cloves of garlic
Salt and pepper to taste*

Quesadillas

Vegan Cheese
2 mashed avocados
1 large tomato, sliced
Tortillas*

Instructions

1. Prep the vegan cheese by combining vegan cheese ingredients in a blender or food processor. Don't overprocess, because you don't want it to be that smooth.
2. Use fork to mash avocado, and cut tomatoes into slices.
3. Take two tortillas and add mashed avocado to the bottom tortilla. Then add sliced tomatoes. Lastly, cover these with the vegan cheese. Top with the second tortilla. (NOTE: Do not add too much volume inside the tortillas or it will all fall out when you try to eat it!)
4. Place quesadillas on griddle (spray with cooking spray first). Cook on each side until lightly browned.

*indicates items not purchased at the market

Source: <https://www.contentednesscooking.com/vegan-cheese-quesadillas/>

DIPS

Cilantro-Lime Almond Spread

- 1 cup raw almonds
- 1/2 – 3/4 cup water
- Juice of one small lime (about 1 tbsp)
- 1 tsp apple cider vinegar*
- Salt to taste*
- Cilantro to taste

Soak the almonds at least 1 hour prior. Drain them and add all ingredients to food processor and blend until creamy. (It is best to start with less water, then add more liquid if necessary.)

Salsa

- 4 tomatoes
- 1/4 cup cilantro
- 1 clove garlic
- 1 lime
- 1/4 cup red onion
- Salt and pepper*

Add all ingredients to food processor. Pulse until ingredients are well combined.



The Santa Monica Farmers Markets create thriving, vibrant communities that are inclusive, connected and diverse by promoting the preservation of the agricultural arts, prosperity of CA farmers and small food businesses and sustainable food systems.



ENERGY BITES

Dipping Sauce

1 cup almonds

11 dates

Juice of 1 medium lemon

Zest of 1 medium lemon

Instructions

Add almonds, dates, lemon juice, and zest into the bowl of a food processor. Pulse until almonds are chopped and a soft “dough” forms, you may need to scrape the sides of the processor a couple times. Carefully remove the blade from the food processor. Form the dough into ping pong sized balls with hands.

<https://www.eatingbirdfood.com/lemon-balls/>

SHOPPING LIST – MAIN STREET FARMERS MARKET VENDORS

- | | |
|--|--|
| <input type="checkbox"/> Kernels from 3 ears of corn - TAMAI | <input type="checkbox"/> 2 limes – POLITO |
| <input type="checkbox"/> Garlic – MILLIKEN | <input type="checkbox"/> Cilantro to taste - TAMAI |
| <input type="checkbox"/> 2 avocados – POLITO | <input type="checkbox"/> 1 small red onion - SCHANER |
| <input type="checkbox"/> 5 tomatoes – TAMAI | <input type="checkbox"/> 1 lb Medjool dates - DAVALL |
| <input type="checkbox"/> 1 cup raw almonds – FAT UNCLE | <input type="checkbox"/> 2 lemons - POLITO |



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