

VITALIZ HAYSTACKS



Submitted by Nina Curtis at Adventist Health Roseville Campus, California

SERVES 4

INGREDIENTS

2 cups cooked black rice
2 cups cooked black beans
2 cups shredded lettuce
1 cup cheese (vegan or conventional)
1 cup corn kernels
¾ cup diced red bell peppers
¼ cup sliced black olives
¼ cup thinly sliced scallions
1 cup cooked organic lentils
1 cup toasted walnuts
¼ cup rice bran oil
2 tsp. smoked paprika
1 tsp. chipotle powder
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. ground cumin
2 cups diced tomatoes
¾ cup diced red onion
½ cup chopped cilantro
¼ cup lime juice
2 cups mayonaise (vegan or conventional)
2 large dried chipotle peppers
¼ cup organic apple cider vinegar
4 tbsp. sour cream (vegan or conventional)
Sea salt and black pepper

PREPARATION

- 1. Lentil walnut "meat"** In a food processor, pulse the lentils and walnuts a couple of times until you create a crumble consistency. Pour the lentil and walnut contents into a medium-size bowl and add all listed seasonings and oil. Mix until the mixture resembles ground beef and ingredients are well combined. Just before you are ready to plate, heat the lentil walnut "meat" in a large skillet, as you would ground beef. Serve on the haystack hot.
- 2. Chipotle aioli** Place the two chipotle peppers and two cups of mayonnaise in a blender. Add apple cider vinegar and ½ tsp. sea salt and blend to a smooth consistency. Place aioli in a squeeze bottle.
- 3. Pico de gallo** Mix tomatoes, red onion, cilantro, and lime juice. Season with salt and pepper.
- 4. Plating** Keep the rice warm and the black beans hot until ready to serve. Toss corn kernels and red bell peppers in a small bowl and salt to taste. Place ½ cup of black rice in the center of the plate. Next layer ½ cup black beans on top of the rice. Follow by continuing to stack ¼ cup of lentil walnut meat, ¼ cup cheese, ½ cup shredded romaine lettuce, ¼ cup corn and red bell peppers, ¼ cup pico de gallo, 1 tbsp. sour cream, 1 tsp. black olives, 1 tsp. scallions and drizzle with Chipotle aioli. Place a tsp. of pickled jalapeno along with tortilla chips around the haystack.

