



Game Day

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Seeds, Nuts & Spices

- ☐ 1 cup Cashews
- ☐ 1 tsp Chili Powder
- ☐ 1 tsp Chipotle Powder
- ☐ 1 1/2 tsps Cumin
- ☐ 1 tsp Garlic Powder
- ☐ 1/4 tsp Sea Salt
- ☐ 2 tsps Taco Seasoning

Frozen

- ☐ 1 cup Frozen Spinach

Vegetables

- ☐ 1 cup Basil Leaves
- ☐ 1 cup Cherry Tomatoes
- ☐ 1 Garlic
- ☐ 1 stalk Green Onion

Boxed & Canned

- ☐ 3/4 cup Bread Crumbs
- ☐ 1/2 cup Corn
- ☐ 3 cups Pinto Beans
- ☐ 1 1/4 cups Salsa
- ☐ 1 cup Vegan Queso

Baking

- ☐ 3 tbsps Nutritional Yeast
- ☐ 1/4 oz Unbleached All Purpose Flour

Bread, Fish, Meat & Cheese

- ☐ 12 Corn Tortilla
- ☐ 12 1/3 ozs Tofu
- ☐ 10 Whole Wheat Tortilla

Condiments & Oils

- ☐ 3/4 cup Hot Sauce
- ☐ 1/4 cup Sun Dried Tomato Pesto

Cold

- ☐ 1/4 cup Almond Milk
- ☐ 1 cup Guacamole
- ☐ 1 cup Hummus
- ☐ 6 ozs Vegan Cheese Shreds

Other

- ☐ 1 cup Hot Water



Mediterranean Hummus Pinwheels

10 servings

12 minutes

Ingredients

10 Whole Wheat Tortilla (Keto Tortillas)
1 cup Hummus (Roasted Red Pepper)
1/4 cup Sun Dried Tomato Pesto
1 cup Frozen Spinach (thawed)
4 ozs Vegan Cheese Shreds
1 cup Basil Leaves

Nutrition

Amount per serving	
Calories	239
Fat	12g
Carbs	26g
Fiber	7g
Sugar	2g
Protein	7g
Cholesterol	1mg
Sodium	551mg
Vitamin A	2061IU
Vitamin C	2mg
Calcium	251mg
Iron	2mg

Directions

- 1 Mix together the roasted red pepper hummus, spinach and vegan cheese shreds. Set aside.
- 2 Assemble: On each tortilla spread a thick layer of the hummus. In the center, make a line from end to end of fresh basil leaves.
- 3 Starting from an outer edge parallel to the basil, roll tightly while gently squeezing to keep together. Repeat for all tortillas.
- 4 Using a serrated knife, cut in about 1 inch pinwheels. Repeat for all tortillas. Cover and refrigerate until serving. Enjoy!



Vegan Cashew Queso

4 servings**5 minutes**

Ingredients

1 cup Cashews
1 cup Hot Water
1 Garlic
3 tbsps Nutritional Yeast
1 tsp Chili Powder
1/2 tsp Cumin

Nutrition

Amount per serving	
Calories	227
Fat	16g
Carbs	14g
Fiber	3g
Sugar	2g
Protein	9g
Cholesterol	0mg
Sodium	44mg
Vitamin A	204IU
Vitamin C	0mg
Calcium	25mg
Iron	3mg

Directions

- 1 Add all ingredients to a blender (starting with the lesser amount of water) and blend until creamy, adding more water as needed to blend until creamy and smooth.
- 2 Taste and adjust flavor as needed, adding more nutritional yeast for cheesiness, salt to taste,
- 3 Serve with chips or add to things like tacos, nachos, burritos, and more!



Vegan Taquitos in the Air Fryer

4 servings

20 minutes

Ingredients

1 1/2 cups Pinto Beans
1/4 cup Salsa
2 tsps Taco Seasoning
2 ozs Vegan Cheese Shreds
12 Corn Tortilla

Nutrition

Amount per serving	
Calories	352
Fat	5g
Carbs	64g
Fiber	10g
Sugar	1g
Protein	9g
Cholesterol	0mg
Sodium	385mg
Vitamin A	75IU
Vitamin C	1mg
Calcium	466mg
Iron	3mg

Directions

- 1 Place the pinto beans, salsa and taco seasoning in the base of a food processor and pulse until well combined.
- 2 Next, place the tortillas in a damp paper towel and warm in the microwave for 20-30 seconds until pliable and easy to roll.
- 3 Preheat your air fryer to 400 degrees F and set for 6-9 minutes.
- 4 Spread the bean mixture onto the tortillas. If using the shredded cheese, add a tablespoon or two onto the black bean mixture then roll up until tight
- 5 Place the rolled taquitos seam side down in the air fryer basket and lightly spray with cooking spray. Cook for 6 minutes, then flip and cook another 3-5 minutes until crispy and golden brown.



Vegan 7 Layer Dip

4 servings

20 minutes

Ingredients

- 1 1/2 cups Pinto Beans
- 1 tsp Cumin
- 1 tsp Chipotle Powder
- 1 cup Guacamole
- 1 cup Salsa
- 1 cup Vegan Queso
- 1 cup Cherry Tomatoes (sliced)
- 1 stalk Green Onion (sliced)
- 1/2 cup Corn

Directions

1

In a small mixing bowl, add refried beans and mash well, add cumin, chipotle powder and 1/4 cup of water, mix well to combine. The water will help make the beans creamy so they aren't too thick for dipping, add a little extra water as needed. If you prefer, heat the bean mixture over low until warmed through before assembly.

2

To layer the bean dip, using a shallow dish of choice (pie dish, baking dish, or bowl), start with a layer of beans, spreading to the edges. Next, repeat with a layer of guacamole, vegan queso, and salsa. Next, add the corn, tomatoes and green onion.

Nutrition

Amount per serving	
Calories	229
Fat	9g
Carbs	32g
Fiber	12g
Sugar	5g
Protein	9g
Cholesterol	0mg
Sodium	552mg
Vitamin A	786IU
Vitamin C	14mg
Calcium	67mg
Iron	2mg



Air Fryer Buffalo Tofu Wings

3 servings

20 minutes

Ingredients

12 1/3 ozs Tofu (extra firm)
 1/4 oz Unbleached All Purpose Flour
 1/4 cup Almond Milk
 3/4 cup Bread Crumbs
 1 tsp Garlic Powder
 1/4 tsp Sea Salt
 3/4 cup Hot Sauce (vinegar-based)

Nutrition

Amount per serving	
Calories	225
Fat	8g
Carbs	25g
Fiber	3g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	1728mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	408mg
Iron	4mg

Directions

- 1 Drain the tofu, wrap in a paper towel and place on a plate. Lay a cutting board and something heavy (like a can of beans) over top to press out excess moisture. Press for 25 minutes.
- 2 Cut tofu into 0.5-inch x 3-inch sticks. In one bowl add the flour. In a second bowl add the almond milk. In a third bowl add the breadcrumbs, garlic powder, and sea salt.
- 3 Dredge the tofu by dipping the sticks first in the arrowroot, then the oat milk, and finally the breadcrumb mixture. Add to the air fryer at 400 F for 10 minutes, flipping halfway.
- 4 Toss the tofu in hot sauce, and air fry for an additional 5 minutes. Serve immediately and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately three buffalo tofu wings (58 grams).

Additional Toppings: Serve with your favorite dipping sauce, top onto a salad or make into a wrap!