

Morningstar Chorizo Tortilla Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF AKEISHA HAYDE

Servings: 12 Serving Size: 1 Slice

Ingredients	Quantity	Measure
Morningstar Chorizo Crumbles	4	Cups
Canned Black Beans	1	Cups
Frozen Corn	1	Cups
Green Pepper (1/2" dice)	.33	Cups
Yellow Pepper (1/2" dice)	.33	Cups
White Onion (1/2" dice)	.33	Cups
Garlic	4	Cloves
Jalapeno	2	Each
Canned Crushed Tomato	3	Cups
Cilantro (chopped)	.25	Cups
Daiya Shredded Cheddar Style Cheese	5	Cups
Corn Tortillas	24	Each
Cilantro (chopped)	2	Tablespoon
Fresh Avocado	1	Cup
Follow Your Heart Sour Cream	1	Cup
Cilantro (chopped)	1	Teaspoon
Scallion (thinly sliced greens)	1	Teaspoon
Lime Juice	2	Tablespoon
Salt	1	Teaspoon
Fresh Limes	3	Each

Preparation

1. Sauté Morningstar chorizo crumbles in olive oil until lightly crisped. Add onion, pepper, garlic & jalapeno continuing to sauté until tender.
2. Add corn, black beans & crushed tomatoes and simmer
3. In an oven safe serving pan layer sauce, Daiya shredded cheddar style cheese & tortilla to build pie. Repeat for this three more times with the last layer being sauce and the Daiya cheese.
4. Cover pan with parchment paper and aluminum foil. Bake in 350°f oven to an internal temperature of 165°f.
5. Remove from oven and let rest for 10 minutes.
6. Mash avocado. Mix with sour cream, cilantro, scallion, lime juice, salt.
7. Cut pie into wedges garnish with chopped cilantro and serve with avocado crema & limes.

Nutrition Information *From USDA Nutrient Database

Calories: 409 Total Fat: 18g Saturated Fat: 5g Trans Fat:0g Cholesterol: 7mg Sodium: 838mg
Carbohydrates: 50g Fiber: 9g Sugar: 4g Protein: 12g

