



Spicy Spuds
and other stuff

RECIPE E-BOOK

1st Edition

BBQ OVEN FRIED CHICKEN



Ingredients

- 3 lbs. of cut up fryer chicken
- 5 Tablespoons of Spicy Spuds and Other Stuff Smoky BBQ Blend
- 2 Tablespoons Olive Oil
- ½ teaspoon of sea salt

Instructions

Wash and pat dry raw chicken. Place in large bowl. Add spices. Coat chicken well. Pour oil on baking sheet. Place chicken on baking sheet. Bake approximately 45 minutes in 375F oven. Turn chicken over half way through the baking process. Season with sea salt after chicken is baked. Makes 6 servings. Serve hot. Enjoy!

Nutrition Facts

servings per container	
Serving size	(239g)
Amount per serving	
Calories	520
% Daily Value*	
Total Fat 37g	47%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 380mg	17%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 2mg	10%
Potassium 46mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRENCH TOAST WITH BLUEBERRIES

Ingredients

- 2 slices of bread
- 1/2 cup blueberries
- 1 large raw egg
- 1 Tablespoon of milk or almond milk
- 2 Tablespoons of Maple syrup
- 0.5 teaspoon of Spicy Spuds and Other Stuff Dessert Spice
- Pan spray

Instructions

Mix the raw egg with milk in a small bowl. Dip each slice of bread in egg mixture. Spray a frying pan with pan spray. Place coated bread slices in frying pan. Cook until golden on each side. Put French toast slices on a plate. Pour maple syrup over each slice. Sprinkle fresh blueberries on top of both slices. Top with Spicy Spuds and Other Stuff Dessert Spice. Makes one serving. Enjoy!

Nutrition Facts

servings per container	
Serving size	(206g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 360mg	16%
Total Carbohydrate 63g	23%
Dietary Fiber 1g	4%
Total Sugars 35g	
Includes 28g Added Sugars	56%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 167mg	15%
Iron 3mg	15%
Potassium 137mg	2%

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FRIED EGG WITH BEEF PATTY OVER SEASONED RICE



Ingredients

- 1 cup of dry white rice
- 1 ½ cups of water
- 1 Tablespoon of butter
- 1 Tablespoon of Spicy Spuds and Other Stuff Tangy Garlic Onion
- 4 ¼ pound beef patties
- 4 fried eggs
- 1 large avocado peeled and cut into quarters
- 4 Tablespoons of fresh chopped chives
- 1 teaspoon sea salt
- Black pepper to taste

Instructions

Bring water to a boil. Add rice, Tangy Garlic Onion, butter and salt. Cook over medium heat for approximately 15 minutes or until rice is cooked. Cook beef patties on each side in a frying pan until medium well. Fry each of the eggs in a frying pan using pan spray. Turn over and cook on both sides until desired level of doneness is achieved. Divide the cooked rice into 4 servings on each plate. Place a cooked beef patty on top of rice . Place a fried egg on top of each beef patty. Sprinkle the chopped chives evenly over each egg. Place ¼ of sliced fresh avocado around each serving of rice. Serves four.

Nutrition Facts	
servings per container	
Serving size	(261g)
Amount per serving	
Calories	470
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 250mg	83%
Sodium 700mg	30%
Total Carbohydrate 39g	14%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 121mg	10%
Iron 5mg	30%
Potassium 398mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



CREAMY CHIPOTLE SALAD DRESSING

Ingredients

- ½ cup of mayonnaise
- 1 Tablespoon lime juice
- 1 Tablespoon Spicy Spuds and Other Stuff Chipotle Spice
- 1 Tablespoon milk

Instructions

Combine all ingredients in a small bowl using a whisk until thoroughly mixed. Refrigerate until ready to use. Pour over your favorite salad. Makes 10 servings.

Nutrition Facts

servings per container	
Serving size	(14g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 11mg	0%

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ROASTED FALL VEGETABLES



Ingredients

- 1 lb. brussels sprouts
- 2 medium sweet onions
- 1 lb. butternut squash cubes
- 3 ounces pomegranate arils
- ¾ cup of Balsamic Vinegar
- 4 Tablespoons of olive oil
- 2 Tablespoons of honey
- 3 Tablespoons of fresh chopped sage
- 1 Tablespoon of Spicy Spuds and Other Stuff Chipotle Spice
- ½ teaspoon of sea salt
- ½ teaspoon black pepper

Instructions

Peel and cut onions into large chunks. Wash brussels sprouts, cut off the ends and cut each one in half. Spread onions, brussels sprouts and squash cubes evenly on a large baking sheet. Sprinkle olive oil over all the vegetables. Sprinkle all the seasonings evenly over the vegetables. Roast in the oven for 30-35 minutes in a 375F oven or until golden. Mix together balsamic vinegar and honey. Sprinkle evenly over the vegetables. Sprinkle chopped fresh sage over the vegetables. Serves eight.

Nutrition Facts	
servings per container	
Serving size	(246g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 29g	11%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 5g Added Sugars	10%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 2mg	10%
Potassium 582mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



CHOCOLATE PECAN PIE



Ingredients

- 3 Large Eggs
- 2 Tablespoons of Spicy Spuds and Other Stuff Dessert Spice
- 1 teaspoon vanilla
- 1 teaspoon sea salt
- 1 ½ cups of raw pecan halves
- ½ cup dark brown sugar lightly packed
- 1/3 cup honey
- 1/3 cup real maple syrup
- 3 ounces cocoa powder
- 3 Tablespoons oil
- 4 Tablespoons butter
- 1 9-inch unbaked pie shell

Instructions

Whisk eggs and brown sugar together in a medium bowl. Add honey, maple syrup, cocoa powder, oil, butter, vanilla, salt and Dessert Spice. Mix well Add raw pecans. Pour into pie shell. Arrange pecans. Bake in 350F oven for 35-40 minutes or until middle is slightly jiggly. Cool completely. Enjoy!



Nutrition Facts	
servings per container	
Serving size	(101g)
Amount per serving	
Calories	420
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 340mg	15%
Total Carbohydrate 45g	16%
Dietary Fiber 6g	21%
Total Sugars 35g	
Includes 34g Added Sugars	68%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 6mg	35%
Potassium 258mg	6%
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BEEF KIELBASA WITH ROASTED SQUASH, PARMESAN POLENTA WITH A BALSAMIC REDUCTION

Ingredients

- 3 cups of raw butternut squash cut into 1-inch cubes
- 3 Tablespoons of extra virgin olive oil
- 2 Tablespoons of fresh sage, minced
- 1 teaspoon of sea salt
- 2 teaspoons of Spicy Spuds and Other Stuff Chipotle
- 1 Tablespoon of Spicy Spuds and Other Stuff Tangy Garlic Onion
- 1 Cup of quality balsamic vinegar
- 1 12-ounce link of Beef Kielbasa
- 1 cup of corn meal
- 4 cups of water
- ½ cup of Parmesan Cheese
- 2 Tablespoons of butter

Instructions

Toss the squash with the 2 tablespoons of olive oil and Chipotle Spice. Roast in 400F oven for 30 minutes. Bring the balsamic vinegar to a boil in a small sauce pan. Reduce to medium heat until thickened (10-15 minutes). Cut the kielbasa into several pieces. Put the remaining tablespoon of oil in a frying pan and add kielbasa. Sauté until browned. Bring the 4 cups of water to a boil. Slowly add the polenta and Tangy Garlic Onion. Reduce heat and cook until absorbed. Add butter and Parmesan cheese. Place one fourth of polenta in a bowl. Add one fourth of squash and kielbasa. Drizzle balsamic reduction on top. Serve hot. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(318g)
Amount per serving	
Calories	740
% Daily Value*	
Total Fat 46g	59%
Saturated Fat 16g	80%
Trans Fat 1.5g	
Cholesterol 80mg	27%
Sodium 1710mg	74%
Total Carbohydrate 63g	23%
Dietary Fiber 7g	25%
Total Sugars 25g	
Includes 1g Added Sugars	2%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 272mg	20%
Iron 3mg	15%
Potassium 404mg	8%
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MARINARA WITH MEATBALLS AND RIGATONI

Ingredients

- 1 lb. chicken and beef meatballs
- 1 lb. rigatoni
- 26.5 oz strained tomatoes
- 26.5 oz chopped tomatoes
- 2 cloves garlic
- ½ medium onion
- 2 Tablespoons olive oil
- 1 Tablespoon Spicy Spuds and Other Stuff Tangy Garlic Onion
- 1 Tablespoon Italian Seasoning
- ½ teaspoons sea salt

Instructions

Chop the onion into small pieces. Sauté onion in olive oil until softened. Add garlic and sauté for one minute. Add all of the tomatoes, the salt and the spices. Add the meatballs. Cook for 30 minutes on medium heat. Fill a large pot with water. Boil water and the rigatoni. Cook rigatoni according to the package. Drain rigatoni. Add the sauce and meatballs. Sprinkle with Parmesan cheese if desired. Serve hot. Enjoy! Serves six.

Nutrition Facts	
servings per container	
Serving size	(437g)
Amount per serving	
Calories	620
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 1330mg	58%
Total Carbohydrate 80g	29%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 4mg	20%
Potassium 863mg	20%
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MINI SAUSAGE & EGG QUICHES



Ingredients

- 12 eggs
- ½ cup of half and half
- 1 lb. of bulk chicken sausage or sausage links (pre-cooked)
- 1 medium sweet onion
- 12 Tablespoons shredded cheddar cheese
- 1 Tablespoon butter
- 1 Tablespoon Spicy Spuds and Other Stuff Tangy Garlic Onion

Instructions

Cook sausage. Drain excess fat. Sauté onion in butter until softened. Beat eggs add Spicy Spuds and add half and half. Spray each tin with pan spray. Evenly divide egg mixture between 12 muffin tins. Add onions and sausage evenly between each tin. Bake at 365F for approximately 20 minutes. Put a tablespoon of cheese on top of each individual quiche. Serve hot! Makes 12 servings.

Nutrition Facts

servings per container	
Serving size	(141g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 250mg	83%
Sodium 430mg	19%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1mcg	6%
Calcium 95mg	8%
Iron 2mg	10%
Potassium 129mg	2%

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SHEPHERD'S PIE



Ingredients

- 1 lb. lean ground beef (15% fat)
- 1 lb. frozen yellow corn
- 1 medium sweet onion
- 5 medium Yukon gold potatoes
- 2 Tablespoons butter
- ½ cup of half and half
- ½ cup of shredded cheddar cheese
- 2 Tablespoons of Spicy Spuds and Other Stuff Tangy Garlic Onion
- ½ teaspoon sea salt

Instructions

Put ground beef in frying pan. Add one tablespoon of Tangy Garlic Onion. Brown ground beef in frying pan. Boil the potatoes in enough water to cover. Cook until tender. Drain. Add one tablespoon of Tangy Garlic Onion, salt, half and half and one tablespoon butter. Mash the potatoes using a mixer or hand masher. Chop onion into small pieces. Sauté in small pan in one tablespoon of butter until tender. In a medium oblong or square baking dish layer the ground beef, then the onions, the corn, mashed potatoes and finally the shredded cheese. Bake in 375F oven for 20-25 minutes until cheese is bubbly. Serve hot. Enjoy! Makes 8 servings.

Nutrition Facts	
servings per container	
Serving size	(260g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 450mg	20%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 2mg	10%
Potassium 539mg	10%
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SPLIT PEA SOUP



Ingredients

- 1 lb. dried split peas
- 6 cups of chicken broth
- 4 medium potatoes peeled and chopped
- 4 stalks of celery chopped
- 1 cup of carrots peeled and chopped
- 12 ounces of kielbasa (beef) cut into pieces
- 3 Tablespoons olive oil
- ½ cup of Italian parsley
- 1 Tablespoon Tangy Garlic Onion Spicy Spuds and Other Stuff
- .25 teaspoons of black pepper

Instructions

Put dried peas in a pot. Add chicken stock, seasonings and spices. Simmer for a least 30-40 minutes until peas are tender but not cooked completely. Add chopped vegetables and kielbasa. Cook for another 25-30 minutes until peas, vegetables and kielbasa are tender. Add chopped Italian parsley. Serves eight.

Nutrition Facts

servings per container	
Serving size	(421g)
Amount per serving	
Calories	460
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 4.5g	23%
Trans Fat 0.5g	
Cholesterol 25mg	8%
Sodium 530mg	23%
Total Carbohydrate 57g	21%
Dietary Fiber 18g	64%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 4mg	20%
Potassium 432mg	10%

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CREAMY CHEESE BALL WITH CRACKERS

Ingredients

- 6 ounces cream cheese softened
- 1/3 cup of sour cream
- 8 ounces shredded cheddar cheese
- 2 teaspoons of Spicy Spuds and Other Stuff Tangy Garlic Onion
- ½ teaspoons of black pepper
- 1 cup of finely chopped pecans
- 1 box of your favorite crackers

Instructions

Using a hand mixer blend all ingredients together thoroughly except nuts. Cover mixture with plastic wrap and refrigerate for two hours. Form mixture into a ball. Roll in the chopped nuts. Place cheese ball on serving platter. Place crackers around the cheese ball. Serve immediately. Makes 16 servings. Enjoy!

*Do not leave at room temperature for more than two hours.

Nutrition Facts

servings per container	
Serving size	(55g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 200mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0mg	0%
Potassium 32mg	0%

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BEEF ADOBO

Ingredients

- 4 lbs. of beef sirloin tips
- 1 cup of water
- ½ cup of Spicy Spuds and Other Stuff Chipotle Spice
- 1 Tablespoon of Spicy Spuds and Other Stuff Tangy Garlic Onion
- 3 Bay leaves
- 1 teaspoon sea salt
- 1 teaspoon ground oregano
- ½ teaspoon cumin
- ¼ teaspoon of black pepper

Instructions

Mix all ingredients together except beef into a large plastic gallon bag. Add beef tips. Marinate for at least 8-24 hours in the refrigerator. Place beef and marinade into a large pot with a lid. Bake in a preheated 350F oven for approximately 1 and ½ hours or until tender. Let sit for 15 minutes. Serves eight. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(272g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3.5g	18%
Trans Fat 0.5g	
Cholesterol 170mg	57%
Sodium 420mg	18%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 7g Added Sugars	14%
Protein 71g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 8mg	45%
Potassium 1000mg	20%
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APPLE COMPOTE



Ingredients

- 4 large Granny Smith Apples
- ½ cup of sugar
- ½ cup of raisins
- ¼ cup of water
- 2 Tablespoons of Spicy Spuds and Other Stuff Dessert Spice

Instructions

Wash, peel, core and slice apples. Place in a small sauce pan. Add sugar, water, raisins and Dessert Spice. Cover pan and bring to a boil. Reduce heat and cook until apples are tender but not mushy, approximately 7-10 minutes. Divide equally into 8 dessert dishes. Serve warm. Enjoy!

Nutrition Facts

servings per container	
Serving size	(132g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 29g	
Includes 11g Added Sugars	22%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 209mg	4%

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BBQ BAKED BEANS



Ingredients

- 15.5 ounce can of Navy Beans, drained and rinsed
- 15 ounces Tomato Sauce
- ½ cup brown sugar
- ½ onion minced
- 1 T Spicy Spuds and Other Stuff Smoky BBQ
- 1 T oil

Instructions

Put oil and minced onion in a small skillet. Sauté until onion is tender, about 5 minutes. In a sauce pan add the rest of the ingredients and combine well. Add the onion to the sauce pan. Cook over low heat for about 30 minutes or until sauce is bubbly. Serve hot. Makes 4 servings. Enjoy!

Nutrition Facts

servings per container
Serving size (287g)

Amount per serving
Calories **250**

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1060mg 46%

Total Carbohydrate 50g 18%

Dietary Fiber 4g 14%

Total Sugars 31g

Includes 25g Added Sugars 50%

Protein 7g

Vitamin D 0mcg 0%

Calcium 46mg 4%

Iron 2mg 10%

Potassium 631mg 15%

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SWEET & SPICY ROASTED BUTTERNUT SQUASH

Ingredients

- 24 ounces of butternut squash, cubed
- 2 T oil
- 2T Spicy Spuds and Other Stuff
Chipotle Spice
- Dash of Sea Salt

Instructions

Combine squash, oil and Spicy Spuds and Other Stuff Chipotle Spice in a mixing bowl. Mix well. Spread squash on a sheet pan. Roast in a 375F oven for 30-40 minutes or until golden brown and tender. Sprinkle dash of sea salt on squash. Serves 4. Enjoy!

Nutrition Facts

servings per container
Serving size (117g)

Amount per serving
Calories **120**

% Daily Value*

Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 2g Added Sugars	4%

Protein 1g

Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 406mg	8%

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PUMPKIN BREAD

Ingredients

- 2 cups flour, unbleached (gluten free flour can be substituted)
- 1 1/2 cups Coconut sugar or cane sugar
- 1 cup raisins
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 Tablespoon + 1 teaspoon Dessert Spice
- 3 large raw eggs
- 1 cup oil
- 15 ounces of pureed canned pumpkin

Instructions

Pre-heat oven to 350F. Lightly oil and dust 2 loaf pans with flour. Wisk together all dry ingredients. In second bowl whisk together all wet ingredients until smooth. Add wet ingredients to dry ingredients. Divide equally between both loaf pans. Bake until a tooth pick comes out clean (45-55 minutes). Cool 10-15 minutes in pans. Transfer to a wire rack to cool completely. Slice each loaf into 8 pieces. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(92g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 170mg	7%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 22g	
Includes 14g Added Sugars	28%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 2mg	10%
Potassium 237mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



SMOKY BBQ MEAT LOAF

Ingredients

- 1 lb. lean ground beef (15% fat)
- 1 medium brown onion
- 1 cup of rolled oats
- 1 egg
- 3 T Spicy Spuds and Other Stuff Smoky BBQ
- 1T Spicy Spuds and Other Stuff Tangy Garlic Onion
- ½ teaspoon of salt

Instructions

Beat the egg in a large mixing bowl. Add the oats, ground beef and spices. Chop the onion or pulse in a food processor. Mix all the ingredients well. Place mixture in a loaf pan. Bake in a 350F oven for about 50 minutes or until meatloaf is completely browned. Let sit for 10 minutes. Serves eight. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(238g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 7g	35%
Trans Fat 1g	
Cholesterol 125mg	42%
Sodium 420mg	18%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 3g Added Sugars	6%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 4mg	20%
Potassium 585mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



HUEVOS RANCHEROS

Ingredients

- 8 raw large eggs
- 8 corn tortillas (6 inch)
- 16 ounces of refried beans
- ½ cup of water
- 1 teaspoon of olive oil
- 1 Tablespoon of Spicy Spuds and Other Stuff Tangy Garlic Onion
- 8 Tablespoons of shredded cheddar cheese
- 8 Tablespoons of red or green salsa
- 4 Tablespoons of sour cream
- Pam cooking spray

Instructions

Heat the refried beans, water, olive oil and Tangy Garlic Onion in a small sauce pan. Spray some cooking spray into a small non stick frying pan. Turn on the heat and fry each tortilla on both sides. Set aside. Spray more cooking spray into a frying pan. Fry each egg until desired doneness. Place a fried tortilla on a plate. Put 2 ounces of refried beans on top of the tortilla. Sprinkle a tablespoon of cheese on top of beans. Place a fried egg on top. Then put a tablespoon of salsa on top of each egg. Repeat the process. Top the second layer with a tablespoon of sour cream. Makes 4 servings. Enjoy!

Nutrition Facts	
servings per container	
Serving size	(340g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 395mg	132%
Sodium 910mg	40%
Total Carbohydrate 38g	14%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 23g	
Vitamin D 2mcg	10%
Calcium 197mg	15%
Iron 3mg	15%
Potassium 502mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



CHIPOTLE SUMMER FRUIT SALAD



Ingredients

- 3 cups of watermelon chunks
- ½ pint of fresh blueberries
- 2 large nectarines
- 2 teaspoons of Spicy Spuds and Other Stuff Chipotle Spice

Instructions

Cut up watermelon in medium chunks to measure three cups. Place in a medium mixing bowl. Wash the blueberries and add to watermelon. Wash the nectarines and cut into medium slices. Cut the slices in half and add to the other fruit. Sprinkle the Chipotle Spice over the fruit salad. Chill. Makes 4 servings. Enjoy!

Nutrition Facts

servings per container
Serving size (230g)

Amount per serving
Calories **90**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 18g	
Includes 1g Added Sugars	2%

Protein 2g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 297mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Spicy Spuds
and other stuff

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