

Lazy Vegan Southwest Savory Turnover

(makes 12)

Ingredients:

- ½ cup 100% Whole Grain Quinoa (Premium Quality)
- ½ cup Westpac Meal Basics Southwest Blend (frozen bell peppers and onion mix)
- 1 tsp Morton Iodized Salt
- 2 tsp McCormick taco seasoning
- 1 ½ cup canned black beans
- 1 Tb + 1 tsp corn oil
- Puff Pastry - twelve 5" squares

Procedure:

Bring 1½ cups of water to a boil. Add 1/4 tsp of salt. After the water has come to a boil add ½ cup of 100% Whole Grain Quinoa (Premium Quality) cook for 7 minutes (or until soft & tender).

In a separate pot, sauté the Southwest Blend bell peppers and onions in 1 Tb of corn oil. Add 1 tsp taco seasoning and ¾ tsp salt and stir. Add 1½ cups canned black beans.

Blend the bean and vegetable mixture into a puree using a food processor or mixer. Drain and add cooked quinoa. Fold quinoa into the mixture. Let stand for 5 minutes

Lightly grease a baking sheet or cover with parchment paper.

Take one 5" square of puff pastry and add 3 Tbsp of filling to the middle. Lightly coat the edges of the pastry with water to help it stick. Fold in half diagonally to form a triangle. Press edges together to close the pie and crimp edges with a fork.

Bake at 400 degrees Fahrenheit for 12-15 minutes, until puffy & golden brown.

This Recipe was created by high school Senior, Tanvi Saki of Santa Clara High School as her entry in the Food Innovations Competition for FCCLA. She placed first with an almost perfect score at the Regional level, and took second at the state conference in Fresno, CA. Her recipe was so well received that is being mass produced by our District Cafeterias and will be published as part of the upcoming Creative Cookbook Fall release: Healthy & Delicious.