Egg or Tofu scrambled breakfast tofu burrito ($5.83 whole recipe / $1.46 per serving)

serves 4
1 tablespoon olive oil ($0.08)
½ cup diced onion, about ½ onion ($0.31)
2 cloves garlic, finely chopped ($0.10)
6 button mushrooms roughly chopped ($0.45)
1 medium Roma tomato, diced ($0.33)
6 eggs whisked together or 1 package firm tofu (12-14 ounces), drained and pressed between paper towels to dry ($2.00)
1 teaspoon turmeric ($0.18)
¼ teaspoon smoked paprika ($0.03)
1 teaspoon dried oregano ($0.12)
½ teaspoon chilli powder, more as desired ($0.06)
2 cups roughly chopped baby spinach, about 4 oz ($1.20)
1/3 cup shredded cheese or ¼ cup nutritional yeast ($0.30)
Salt and pepper to taste
4 large whole wheat flour tortillas, or 8 whole wheat regular size ($0.67)

1. Heat a pan over medium-high heat, once hot, coat the pan with oil. When the oil is hot, add in the onion, garlic, and mushrooms, cook until mushrooms are soft, about 3-4 minutes. Add tomatoes and continuing cooking until tomatoes are soft.
2. Crumble tofu by hand to resemble scrambled eggs and then add into the pan. Add turmeric, paprika, oregano, and chilli powder into the pan and mix well, cook for 1-2 minutes to make sure tofu is heated. If you are using egg, add it into the pan and cook for 1-2 minutes.
3. Add spinach into pan cook for 1-2 minutes or until spinach is wilted. Turn off the heat and sprinkle with the cheese or nutritional yeast, taste, and season with salt and pepper a desired.
4. Fill LARGE tortillas with about 1 ½ cups of filling and regular tortillas with about 1 cup of filling, roll up and then wrap in foil.
5. Burritos can be refrigerated for up to 3 days and frozen for 1 month, reheat burritos before serving.

If frozen, defrost the burritos in your refrigerator overnight and then reheat in your microwave at 50% power for 2 minutes, then 1 minute at regular power or until heated through.
Mason Jar Taco Salad ($13.49 whole recipe / $3.37 per serving)

Serves 4

1 lb ground meat or protein of choice ($3.99)
3 tablespoons taco seasoning or 3 tablespoons of Taco seasoning blend below ($0.80)
1 large avocado, cut into ½ inch pieces ($1.50)
½ teaspoon ground cumin ($0.04)
1 Large Lime juiced ($0.25)
¾ cup salsa of choice or homemade ($0.78)
1 cup whole kernel corn rinsed and drained of caned or defrosted if frozen ($0.75)
1 ½ cup black beans rinsed and drained, about a 15 oz can ($1.25)
1 cup tomatoes finely diced, about 1 Roma tomato diced ($0.33)
1 cup diced cucumber, about 1 large or 2 small Persian cucumbers ($0.55)
1/2 Cup Cilantro roughly chopped ($0.25)
1 cup diced scallions, about 1 bunch (6-8 scallions) ($0.75)
4 cups mixed greens ($2.25)
4 individual Quart sized Wide-Mouth sized Mason Jars
20 corn tortilla chips crushed (optional)

1. Heat the oil in a pan and cook meat or protein of choice until cooked through or heated through, sprinkling taco seasoning on as you cook. Taste and adjust seasoning as needed. Remove from heat and set aside to cool.
2. In a small bowl mash, the avocado with the cumin and lime juice set aside.
3. Assemble the jar by layering the remaining ingredients starting with salsa, then top with corn, beans, tomatoes, cucumber, top with mashed avocado, then cilantro, scallion, and mixed greens. Eat within 2 days to maintain avocados colour! Serve with crushed tortilla chips.

Taco Seasoning Mix:
1 Tablespoon cumin
1 teaspoon paprika
1 tsp. chili powder
¼ teaspoon salt
½ teaspoon pepper
¼ teaspoon cayenne pepper
½ teaspoon oregano
1 teaspoon garlic powder
Sweet Potato Lentil Pie ($14.61 whole recipe / $2.44 per serving)

Serves 6-8 (use 6 or 8 oz ramekins for individual servings)

For the sweet potato topping
1 ½ lb red or orange sweet potatoes, peeled and cut into chunks ($3.75)
3 tablespoon milk of choice ($0.12)
Salt and pepper to taste
1 tablespoon maple (syrup optional) ($0.20)

For filling
1 tablespoon olive oil ($0.08)
1 cup diced onion, about 1 medium onion ($0.62)
1 tablespoon minced garlic, about 3 cloves ($0.15)
2 portobello mushrooms, diced, or about 10 cremini mushroom diced ($2.99)
1 ½ cups brown or green lentils, rinsed, picked through and drained well ($1.50)
1 ½ tablespoon Italian seasoning ($0.22)
4 cups vegetable stock or water ($1.99)
10 oz bag of frozen mixed vegetables ($2.99)

1. Place potatoes in a pot and cover with water, cook until tender about 20 minutes. Drain well and return potatoes to the pot, add in the milk of choice, seasoning, and maple syrup if desired. Mash mixture well and taste, adjust seasoning as needed.

2. To make the filling, heat a pan over medium-high heat, add in oil and once oil is hot add in onion and garlic, cook for 2-3 minutes or until onions soften. Add mushrooms into pan and cook until mushrooms have released their liquid and the liquid has been cooked out of the pan. Add in lentils and Italian seasoning, mix well, and then pour in the stock, bring to a boil, then reduce to a simmer, cover pot and cook lentils for 20-30 minutes or until tender. Turn off heat and stir in vegetables, taste and adjust seasoning as needed.

3. Preheat your oven 400 degrees and lightly coat your ramekins or baking dish with nonstick cooking spray or oil. Pour lentil and vegetable mixture on the bottom and top with sweet potatoes.

4. Place pies on a baking sheet and bake for 15 minutes or until heated through, or bake a large pie for 20-25 minutes. Remove from oven and allow to rest for 10 minutes before serving.