



HILARY'S™

↪ Eating well made easy ↪

COOKING DEMONSTRATION WITH HILARY'S

Food demonstrations are an effective and entertaining method of nutrition education. By preparing recipes and concurrently sharing nutrition tidbits, consumers not only have the opportunity to sample new, healthy foods, but also learn more about them. Use this guide for your next food demonstration to help consumers learn about the benefits of Hilary's products.

FEATURED HILARY'S PRODUCTS

Recipe: Tacos with Black Rice Burger and Zesty Slaw

Hilary's Eat Well Black Rice Burgers (Hilary's Eat Well Adzuki Bean Burgers also work well)

Hilary's Eat Well Ranch Chia Dressing

Copies of recipe – find at <http://www.hilaryseatwell.com/recipes/tacos-with-black-rice-burger-zesty-slaw/>

EQUIPMENT AND SUPPLIES NEEDED

Measuring cups and spoons	Spatula
Cutting board	Electric skillet
Knife	Spatula
Mixing bowl	Napkins for serving
Mixing spoons	



TALKING POINTS

1. Hilary's offers a variety of delicious, culinary-inspired products that can be easily incorporated into any eating plan. The product line includes meatless burgers, veggie bites and dressings. This recipe features Hilary's Black Rice Burgers and Ranch Chia Dressing.
2. Hilary's makes eating well easy – all products are minimally processed and made with 100% real food, and can be prepared in minutes.
3. Hilary's products deliver worry-free meal options to people with common allergens, such as corn, dairy, egg, gluten, nut or soy.
4. Recipes using Hilary's products, such as this one, offer a delicious, convenient solution for anyone trying to reduce meat consumption or increase plant-based food consumption.
5. Recipes like this one can be found at hilaryseatwell.com.

Notes

- For easy recipe distribution, print extra copies of this form and cut on the dotted line below.
- If using taco shells that contain an allergen, be sure to inform customers before sampling, or have a sign placed on the demo stand.

TACOS WITH BLACK RICE BURGER AND ZESTY SLAW

Makes 4 tacos (or 16 samples)

For Slaw

- 6 cups shredded cabbage
- ¼ cup lime juice
- 2 tsp. fresh jalapeno, minced
- 1/3 cup *Hilary's Eat Well Ranch Chia Dressing*

For Burgers

- 1 pkg. *Hilary's Eat Well Black Rice Burgers*
- 1 Tbsp. chili powder
- 1 tsp. cumin, ground
- 3 Tbsp. water
- 4 taco shells or soft tortillas (6-inch)*

*Note: For sampling, soft tortillas, cut into quarters, are recommended

Preparation

For the slaw: In a large bowl, toss shredded cabbage with lime juice. Add jalapeno and Ranch Chia dressing; stir well. Refrigerate 30 minutes before serving.

For the tacos: Place the Black Rice Burgers in a skillet or electric skillet; heat to medium. As the burgers thaw, use a spatula to break them apart into large crumbles. Add the chili powder, cumin and water. Stir and heat for 10 minutes. Reduce heat to keep warm.

To Serve

Fill desired taco shells with filling and top with any of the following: chopped tomatoes, chopped onion, chopped avocado, salsa, shredded cheese

Nutrition Facts per Taco

Calories: 300
Fat: 13.5 g
Saturated Fat: 10 g
Trans Fat: 0 g
Cholesterol: 0 g
Sodium: 378 g
Carbohydrates: 41 g
Fiber: 8 g
Protein: 7 g

Nutrition Facts per Sample

Calories: 75
Fat: 3.5 g
Saturated Fat: 2.5 g
Trans Fat: 0 g
Cholesterol: 0 g
Sodium: 95 g
Carbohydrates: 10 g
Fiber: 2 g
Protein: 2 g