

Recipe

Tortilla Sandwich

By

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Ingredients

- 2 avocados, peeled, stoned and mashed
- 2 tomatoes, peeled and chopped
- ½ Tsp yellow asafetida powder
- 1 Tsp salt
- ¼ Tsp ground black pepper
- 2 Tsp lemon juice
- 3 C fresh bean sprouts
- 8 medium sized tortillas
- ½ C sour cream (optional)

Preparation

1. In a mixing bowl, combine the avocados, tomatoes, asafetida, salt, black pepper and lemon juice.
2. Heat the tortillas on a griddle if previously cooked.
3. Place 1/8th portion of each the avocado-tomato mixture, bean sprouts and sour cream (if using) in the middle of the tortilla. Fold any of the two opposite sides of the tortilla overlapping each other. Now, fold the other two remaining opposite ends of the tortilla and tuck with a toothpick to hold. Repeat the same for the remaining tortillas and serve immediately.

Serves

4-5

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