

FRESH READS  GOOD EATS

TEXAZ TASTE

start indulging in the sweetness of life



Chickpea Tikka Masala Vegan / Spicy, Skinny Margarita / One-Pot Vegan Spinach
Pasta / Spicy Soba Noodle Salad / Shakshouka

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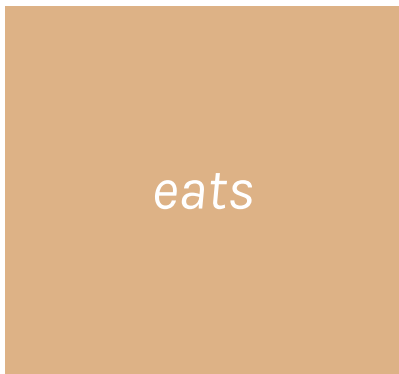
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reads



good



eats



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FROM THE EDITOR

Finding inspiration is a different journey for everyone. For me, food is where it all starts. From local eats to the history of cultural delights – there is so much food can teach us about community, health, and happiness. Gaining this kind of global perspective and passion for connection never seemed possible from the discomfort of a cubicle.

That's why I left my job. Inspired by my mother's experiences as a restaurant owner in Texas, I attended the Arizona Culinary Institute where I felt like I belonged. After honing my skills in the culinary world, my path changed once again when I found myself caring for my mother during her fight with a terminal illness.

After she passed, writing and healthy living became two of the most important parts of my life, especially while dealing with my own health issues. In need of some kind of release and a way to continue communicating with my mother, TEXAZTASTE was born, keeping alive our shared love for food and travel.



MARCI SYMINGTON

EDITOR IN CHIEF

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Chickpea Tikka Masala

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Ingredients

2 tablespoons grapeseed, avocado or coconut oil
1 white onion, diced
1 teaspoon whole cumin seeds
3 garlic cloves, minced
2 inch piece of ginger, minced
2 teaspoons turmeric
1 teaspoon garam masala
1 teaspoon coriander
1/2 teaspoon cayenne pepper
1 teaspoon kosher salt
2 cans (14 oz.) diced tomatoes with juices
2 cans (14 oz.) chickpeas, drained and rinsed
1/2 can (14 oz.) coconut milk, full or low-fat, cream is ok
lemon juice, to taste
1/4 cup chopped fresh cilantro and more for serving

Prep Time: 15 mins / Cook Time: 45 mins / Total Time: 1hr

In a large pot, heat oil over medium heat. Add onions and cumin seeds and cook for 5 minutes, until onions are browned around the edges. Add the ginger and garlic and cook 1 to 2 minutes more. Add the garam masala, turmeric, garam masala, coriander and cayenne, cooking for 1 - 2 two minutes more. Add canned tomatoes and cook until they breakdown a bit. Remove from heat, and with a [handheld mixer](#), mix all ingredients to desired consistency. (This step is optional, but adds a consistency I love. If you like it chunky, skip the blending and add tomato paste if too watery.)

Lastly, fold in the drained, washed chickpeas and coconut milk, and bring to a gentle simmer. Simmer, covered, for 25 to 30 minutes over low heat, stirring occasionally. Add cilantro before serving and don't forget to adjust the seasonings to taste. Adding lemon juice for a touch of acid balances the flavors I have found. I serve with rice and naan bread that are found in the frozen section at Trader Joe's.

My Spicy, Skinny Margarita Recipe

Prep Time: 15 mins / Total Time: 15 mins



“If you’re a tequila lover and you like spicy food, then my Spicy, Skinny Margarita will become one of your favorite cocktails and a proven crowd pleaser.

Ingredients

3-4 slices organic jalapeño or serrano pepper, plus more for garnish
1/2 ounce organic agave syrup
2 ounces Blanco, or Plata, tequila
2 ounces fresh lime juice
1/2 ounce elderflower liqueur, such as St. Germain

Instructions

In the bottom of a cocktail shaker, muddle the chili peppers.

Add agave syrup, tequila and fresh squeezed lime juice and stir.

Pour over glass filled with ice, and top with elderflower liqueur. If needed, add more pepper for spice.

Órale!

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One-Pot Spinach Pasta

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Prep Time: 20 mins / Cook Time: 15 mins / Total Time: 35 mins

Ingredients

4 cups baby spinach, washed and dried
1 cup basil, washed and dried
1/4 cup toasted pepitas (pumpkin seeds)
6 tbsp olive oil, divided into two
1 lemon, zested and juiced
1 tbsp nutritional yeast
2 cloves garlic, thinly sliced
1/2 tsp crushed red pepper
1 pound dried spaghetti
3 cups water
salt and pepper, to taste

In a [food processor](#) or blender, place spinach, basil, pepitas, 3 tablespoons of olive oil, lemon zest, lemon juice and nutritional yeast, and purée until smooth. If necessary you can add 1/4 cup water. Season with salt and pepper and set aside in a bowl.

In a wide skillet, heat remaining 3 tablespoons of olive oil with garlic and crushed red pepper and sauté for 2 minutes. Add the spaghetti and water. Bring to a simmer and stir to keep pasta from sticking together. Cook until the water has reduced to a creamy consistency and pasta is al dente, about 12-15 minutes. Remove from heat and add spinach pesto. Pasta will continue to cook so make sure you remove from the heat while there is still a little bit of water yet. Adjust your seasonings with salt and pepper.



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Spicy Soba Noodle Salad with Annie's Organic Asian Sesame Dressing

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Prep Time: 20 mins / Cook Time: 10 mins / Total Time: 30 mins

Ingredients

1 12 oz. package of soba noodles, cooked according to instructions on package and drained.
 1 carrot, peeled and shredded.
 1/4 cup cilantro, minced.
 1/4 cup basil, chiffonade.
 1/8 cup mint, chiffonade.
 1 inch fresh ginger, minced or grated fine.
 1/4 cup green onions, cut on the bias.
 1/4 cup sugar snap peas, cut on the bias.
 1/4 cup red cabbage, thinly sliced.
 1 tbsp sambal olek (Indonesian chili paste). Can substitute diced jalapeños.
 1 8 oz. bottle of Annie's Organic Asian Sesame Dressing.
 Fresh lime juice, to taste.
 Salt to taste.
 1 tbsp sesame seeds, toasted.

Place cooked and drained noodles in a large salad bowl. Add chopped herbs and vegetables, chili paste and Annie's Asian Organic Sesame Dressing. Season with salt and lime juice to taste, and mix well. Top with sesame seeds.

The Spicy Soba Noodle Salad can be prepared a day ahead of time and stored in the refrigerator for up to three days.

[*Use this for slicing your veggies!](#)

*Vegan. Contains sesame. Some soba noodles, although made from buckwheat, may contain gluten.

Shakshouka

Poached Eggs in a Spicy Tomato Sauce

Prep Time: 15 mins / Total Time: 15 mins



“Shakshouka is a savory combination of eggs poached in a spiced tomato broth, also originating in the Middle East/North Africa region.

Ingredients

- 2 T. olive oil
- 1/2 onion, diced
- 1 red pepper, diced
- 1 jalapeño, diced
- 1 28-oz. can of diced tomatoes
- 1/2 cup vegetable broth
- 1 t. cumin
- 1 t. smoked paprika
- 1/2 t. oregano
- 6 to 8 eggs
- salt and pepper to taste
- 2 T. chopped parsley
- 1/4 cup feta, crumbled

Instructions

In a large, deep skillet, heat oil. Add onion and peppers and cook until soft, about 5 minutes, stirring occasionally. Add tomatoes, vegetable broth, cumin, paprika, oregano, and simmer until thickened, about 20 minutes. Season with salt and pepper.

Crack eggs on top of sauce, cover and cook for 6 to 8 minutes, or until whites are set. Sprinkle with parsley and feta and serve with warm pita bread.

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