



KITCHEN SMARTS · OVER THE HEDGE ROW™

Epically Delicious & *Easy Eats*

A COLLECTION OF HISPANIC FLAVORS



compiled by

Jennifer Parham Hedges



Dinner doesn't have to *come with drama.*

A collection for the nights when “what’s for dinner?” feels like one more decision on a full day.

Every recipe in this collection is built around one of the YGY Easy Eats™ mixes, so a big, bright flavor starts with a single spoonful. They come from recipes published by Youngevity, with credit to the home cooks who shared them. Make them as written, or make them your own.

Jennifer

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A little choosing, a lot less chaos.

Pick the mix you have on hand, find its column, and start there. Each recipe notes which mix it uses, and the notes at the bottom of a page are where the fun swaps and serving ideas live.

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— EASY EATS SALSA MIX

No. 01

Fresh Tomato Garden Salsa

MADE WITH EASY EATS™ SALSA MIX



INGREDIENTS

- 2 to 3 tbsp YGY Easy Eats™ Salsa Mix
- 1 cup chopped tomatoes
- ¼ cup diced onion
- ½ jalapeño, minced
- Chopped cilantro, to your preference
- A squeeze of lime juice, to your preference

HOW TO MAKE

- 1 Mix 2 to 3 tablespoons of Easy Eats Salsa Mix with the chopped tomatoes, then combine with the rest of the ingredients.
- 2 Chill for 15 minutes before serving.

NOTES

Can be used for dips, marinades, soups, sauces, and many other dishes.

— EASY EATS SALSA MIX

No. 02

Spicy Popcorn

by Tina C.

MADE WITH EASY EATS™ SALSA MIX



INGREDIENTS

- 3 tbsp avocado oil
- ⅓ cup popcorn kernels
- 1 to 2 tsp YGY Easy Eats™ Salsa Mix (adjust to desired heat level)

HOW TO MAKE

- 1 In a large pot or wok, heat oil over medium heat. Add 2 or 3 kernels and cover.
- 2 Once those test kernels pop, add the rest of the kernels in an even layer. Sprinkle YGY Easy Eats™ Salsa Mix over the kernels.
- 3 Cover the pot, keeping the lid slightly ajar to let steam escape. Shake the pot occasionally to prevent burning.
- 4 Wait for popping to slow. When it slows to about 2 to 3 seconds between pops, remove the pot from the heat.
- 5 Immediately pour the popcorn into a bowl. Add salt, melted butter, and more YGY Easy Eats™ Salsa Mix if desired.

NOTES

Make it your own. Add some crumbled cotija cheese or chopped cilantro.

— EASY EATS SALSA MIX

No. 03

Pineapple Salsa

by Jacqueline M.

MADE WITH EASY EATS™ SALSA MIX



INGREDIENTS

- 1½ cups pineapple
- 1½ cups mango
- ½ cup orange or red pepper
- ½ cup diced tomatoes
- ¼ red onion
- 3 tbsp cilantro
- ½ lime, juiced
- 2 tbsp YGY Easy Eats™ Salsa Mix
- Fresh diced jalapeños (optional)

HOW TO MAKE

- 1 Add all ingredients and mix.
- 2 Let marinate for an hour, then enjoy with tortilla chips!

NOTES

Great topping for grilled chicken or fish.

— EASY EATS SALSA MIX

No. 04

Salsa Stuffed Peppers

MADE WITH EASY EATS™ SALSA MIX



INGREDIENTS

- 4 large bell peppers (any color), cut in half, ribs and seeds removed
- ½ lb ground beef or turkey
- 1 large onion, chopped
- 1 to 3 tbsp YGY Easy Eats™ Salsa Mix
- 2 cups cooked rice (leftover rice works well)
- 1 (15 oz) can black beans, rinsed and drained
- Grated cheddar cheese, to top the peppers

HOW TO MAKE

- 1 Preheat oven to 375°F.
- 2 Place peppers in a casserole dish and drizzle lightly with melted butter or ghee. Bake for 20 minutes or until tender.
- 3 Cook the ground meat in a large pan over medium-high heat until browned and cooked through. Add the onion and cook until tender.
- 4 Stir in YGY Easy Eats™ Salsa Mix, rice, and beans.
- 5 Remove the peppers from the oven and let them cool enough to handle. Scoop the meat mixture into the peppers.
- 6 Return to the oven and bake 20 minutes. Top with grated cheese and return to the oven to melt.

— EASY EATS SALSA MIX

No. 05

Spanish Tortilla

Potato Omelette

by Jacqueline M.

MADE WITH EASY EATS™ SALSA MIX



INGREDIENTS

- 3 medium potatoes, peeled
- 7 eggs, whisked
- 1 to 2 tbsp YGY Easy Eats™ Salsa Mix (adjust to desired heat level)
- ½ cup minced onion or 1½ tbsp onion trio
- 1½ tsp salt
- ½ tsp pepper
- 1 tbsp butter (for cooking)
- 1 tsp oil (optional, for drizzle)

FOR THE OPTIONAL DRIZZLE

- 1 tbsp butter
- 2 tbsp minced onion
- ½ Roma tomato, finely diced
- Salt and pepper to taste

HOW TO MAKE

- 1 Preheat oven to 350°F.
- 2 **Parboil the potatoes.** In a large pot of salted water, boil for 3 minutes. Remove, let sit for 5 minutes, then drain and slice thinly.
- 3 **Prepare the egg mixture.** Whisk eggs in a large bowl. Add minced onion, YGY Salsa Mix, salt, and pepper. Gently fold in the sliced potatoes without breaking them.
- 4 **Cook the tortilla.** Melt 1 tablespoon butter in an oven-safe pan. Pour in the egg and potato mixture and jiggle the pan gently to distribute it evenly. Bake 25 minutes or until set and lightly browned.
- 5 **Make the drizzle while it bakes.** Melt 1 tablespoon butter in a small pan. Add 2 tablespoons minced onion and ½ diced Roma tomato. Season with salt and pepper and sauté until softened and fragrant.
- 6 When it comes out of the oven, drizzle the sautéed tomato and onion over the top. Serve warm or at room temperature.

— EASY EATS GUACAMOLE MIX

No. 06

Guacamole Salad Dressing I

by Jamie K.

MADE WITH EASY EATS™ GUACAMOLE MIX



INGREDIENTS

- 2 ripe avocados, diced
- 1 cup cherry tomatoes, halved
- ½ red onion, finely diced
- 1 cucumber, diced
- ⅓ cup fresh cilantro, chopped
- 1 lime, juiced
- ½ lime, juiced
- 2 tbsp YGY Easy Eats™ Guacamole Mix
- 2 tbsp olive oil
- Salt and pepper to taste

HOW TO MAKE

- 1 In a large bowl, gently combine avocados, tomatoes, red onion, cucumber, and cilantro.
- 2 In a small bowl, whisk together lime juice, YGY Easy Eats™ Guacamole Mix, olive oil, salt, and pepper.
- 3 Pour the dressing over the salad ingredients and toss gently to coat.

NOTES

Serve immediately as a side dish or enjoy as a light meal.

— EASY EATS GUACAMOLE MIX

No. 07

Guacamole Salad Dressing II

MADE WITH EASY EATS™ GUACAMOLE MIX



INGREDIENTS

- 1 large avocado, peeled, pitted, and mashed
- 1 cup heavy whipping cream
- 1 tbsp lime juice
- 1 to 2 tbsp YGY Easy Eats™ Guacamole Mix
- ⅓ tsp sweetener of choice
- Salt and pepper to taste

HOW TO MAKE

- 1 Blend all ingredients together until smooth.
- 2 Chill for 1 hour before using.

— EASY EATS GUACAMOLE MIX

No. 08

Powerhouse Guacamole

MADE WITH EASY EATS™ GUACAMOLE MIX



INGREDIENTS

- 3 ripe avocados, peeled and pitted
- 1 lime, juiced
- ¼ cup red onion, chopped
- 2 tbsp YGY Easy Eats™ Guacamole Mix
- ½ cup diced tomato
- 2 tbsp chopped fresh cilantro
- Salt to taste

HOW TO MAKE

- 1 In a medium bowl, mash the avocados with a fork, leaving some chunks for texture.
- 2 Add lime juice, YGY Easy Eats™ Guacamole Mix, and salt. Mix well.
- 3 Fold in the onion, tomato, and cilantro.
- 4 Chill for 30 minutes before serving. Serve with tortilla chips.

— EASY EATS GUACAMOLE MIX

No. 09

Guacamole Chicken Salad

by Roseanne D.

MADE WITH EASY EATS™ GUACAMOLE MIX



INGREDIENTS

- 1 tbsp YGY Easy Eats™ Guacamole Mix
- 1 cup shredded cooked chicken
- 2 tbsp plain yogurt or mayo
- 1 tbsp chopped onions or scallions
- Optional: diced tomatoes or cilantro

HOW TO MAKE

- 1 Mix the guacamole mix into the yogurt or mayo.
- 2 Stir in the chicken and veggies.
- 3 Serve in lettuce wraps or on toast.

NOTES

Boost the protein and fiber with black beans. Add whole kernel corn or green chilis for a food fiesta!

— EASY EATS GUACAMOLE MIX

No. 10

Santa Fe Chicken Skillet

by Denise T.

MADE WITH EASY EATS™ GUACAMOLE MIX



INGREDIENTS

- Large chicken breasts, cut in half lengthwise
- 3 tbsp YGY Easy Eats™ Guacamole Mix
- Salt and pepper
- 2 tbsp avocado oil, divided
- 1 large onion, finely diced
- 1 (15 oz) can diced tomatoes, or Rotel diced tomatoes with green chilis
- 1 tbsp butter
- 1 (15 oz) can corn, drained (or 2 cups fresh or frozen corn)
- 1 (15 oz) can black beans, drained and rinsed
- 1 lime (½ juiced, ½ cut into wedges for garnish)
- 1½ cups shredded cheddar or Mexican cheese
- Cilantro, guacamole, and sour cream to garnish

HOW TO MAKE

- 1 Heat avocado oil and butter in a 12-inch skillet over medium heat.
- 2 While it heats, season the chicken evenly with YGY Easy Eats™ Guacamole Mix (less than 1 tbsp), salt, and pepper.
- 3 Sauté the chicken until lightly golden and almost cooked through, about 3 minutes per side. Remove from the pan and set aside.
- 4 In the same skillet over medium heat, add the remaining avocado oil and the onion. Cook until translucent, stirring often.
- 5 Stir in tomatoes, corn, black beans, lime juice, and the remaining 2 tbsp YGY Easy Eats™ Guacamole Mix. Cook until bubbling, stirring often, about 5 minutes.
- 6 Return the chicken to the skillet, spoon the veggie mixture over each piece, and sprinkle with cheese.
- 7 Cover and cook over medium-low heat, or in a 350°F oven, until the cheese melts and the chicken is cooked through, about 10 minutes.

— EASY EATS COWBOY SALSA MIX

No. 11

Simple Smoky Lime Dip

MADE WITH EASY EATS™ COWBOY SALSA MIX



INGREDIENTS

- 1 tbsp YGY Easy Eats™ Cowboy Salsa Mix
- ½ cup sour cream (or plain Greek yogurt for a lighter dip)
- 2 tbsp mayonnaise (optional, for extra richness)
- Zest of 1 lime
- Juice of 1 lime (about 2 tbsp)

HOW TO MAKE

- 1 Mix it up.** In a bowl, whisk together sour cream, mayo (if using), YGY Easy Eats™ Cowboy Salsa Mix, lime zest, lime juice, salt, and pepper.
- 2 Taste and tweak.** Adjust salt, pepper, or lime juice as needed. You want it tangy, smoky, and creamy.
- 3 Chill it.** If you have time, refrigerate for 20 to 30 minutes to let the flavors mingle.

NOTES

Add salt and pepper to taste. For extra smoky heat, add a pinch of chipotle powder. Serve as a dip for sweet potato fries, tortilla chips, roasted veggies, grilled shrimp, or chicken, or drizzle it on tacos and burrito bowls.

— EASY EATS COWBOY SALSA MIX

No. 12

Salsa Beans

MADE WITH EASY EATS™ COWBOY SALSA MIX



INGREDIENTS

- 2 tbsp YGY Easy Eats™ Cowboy Salsa Mix
- 1 cup black beans
- 1 tsp lime juice (optional)
- Cilantro (optional)
- Salt to taste

HOW TO MAKE

- 1 Add the salsa mix to the beans. Add lime juice and cilantro, if desired.
- 2 Let stand 10 minutes before serving.

NOTES

Use for omelets, salads, or eat plain!

— EASY EATS COWBOY SALSA MIX

No. 13

Cowboy Chili

MADE WITH EASY EATS™ COWBOY SALSA MIX



INGREDIENTS

- 1 tbsp avocado oil
- 1 medium onion, diced
- 1 cup black beans
- 1 lb ground beef
- 1 garlic clove, minced (or 1 tsp minced garlic)
- 2 tbsp YGY Easy Eats™ Cowboy Salsa Mix
- 1 bell pepper, diced
- 1 small can (5.2 oz) tomato paste
- 1 can (19 fl oz) diced tomatoes
- 1 can black or kidney beans (with juice)
- 1 cup frozen, canned, or fresh corn

OPTIONAL GARNISHES

- Grated cheese, sour cream, and fresh cilantro

HOW TO MAKE

- 1 In a large fry pan, heat the oil over medium heat. Add onion and beef. Cook until the beef is browned and the onion is soft.
- 2 Stir in the garlic and YGY Cowboy Salsa Mix. Cook another 1 to 2 minutes, until fragrant.
- 3 Add bell pepper, tomato paste, diced tomatoes (with juice), and beans (with juice). Stir well.
- 4 Reduce heat to low. Add the corn and stir gently. Simmer uncovered for 10 to 15 minutes, stirring occasionally.