

Southwestern Veggie Soft Tacos

INGREDIENTS:

- 1 Tbsp. Olive oil
- 1 Medium red onion, chopped
- 1 cup diced yellow summer squash
- 1 cup diced green zucchini
- 3 large garlic cloves, minced
- 4 medium tomatoes, seeded and chopped
- 1 jalapeno chili, seeded and chopped
- 1 cup fresh corn kernels (from 2 ears of corn)
- 1/2 cup chopped fresh cilantro
- 8 corn tortillas
- 1 cup canned pinto or black beans, rinsed/drained
- 1/2 cup smoke-flavored salsa
- 1 cup diced Asparagus



Rohrer Brothers, Inc.
wholesale fruits & vegetables
(800) 443-5121

In large saucepan, heat the olive oil over medium heat, add the onion and cook until soft. Add the summer squash, zucchini and Asparagus, continue to cook until tender about 5 min. Stir in the garlic, tomatoes, jalapeno, corn kernels and beans. Cook until the vegetables are tender-crisp, about 5 min. Add the cilantro and move from the heat. Heat a dry, large frying pan (without a nonstick surface) over medium heat. Add 1 tortilla to hot pan and heat until soft, about 20 sec per side. Repeat with remaining tortillas. To serve, divide the tortillas among individual plates. Spread an equal amount of the vegetable mixture on each tortilla. Top each with w/ tbsp of the salsa. Serve immediately.

Nutritional Analysis: Serving

Size 2 Tacos

Calories:	295	Cholesterol	0 mg
Protein:	10g	Sodium:	221mg
Carbohydrate	55g	Fiber:	10g
Total Fat	6g	Potassium:	858mg
Saturated Fat	1g	Calcium:	162mg
Mono-saturated Fat	3g		

*Dietician's tip: These meatless tacos are stuffed with sautéed vegetables and topped with smoky salsa. To make it a meal, serve with Spanish rice, a tossed green salad with red wine vinegar dressing and cantaloupe cubes. Source: www.mayoclinic.com