

TACO TIME IN NO TIME RECIPES



MUSHROOM, SPINACH, AND FETA BREAKFAST TACOS WITH BRUSCHETTA

GOOD SOURCE OF FIBER AND PROTEIN

NUTRITIONAL INFORMATION: Calories 293; Fat 15g; Saturated Fat 5g; Carbohydrates 26g; Sodium 239mg; Fiber 4g; Protein 15g

SUNFLOWER TACOS IN COLLARD LEAVES

GOOD SOURCE OF PLANT-BASED PROTEIN AND HEALTHY FATS

NUTRITIONAL INFORMATION: Calories 197; Fat 16g; Sat Fat 2g; Sodium 163mg; Cholesterol 0mg; Carbohydrate 10g; Fiber 5g; Protein 7g

DESSERT TACOS WITH RICOTTA & FRUIT

EXCELLENT SOURCE OF VITAMIN C AND ANTIOXIDANTS

NUTRITIONAL INFORMATION: Calories 63; Fat 2g; Carbohydrates 9g; Sodium 34mg; Fiber 1g; Protein 3g; Cholesterol 13mg



MUSHROOM, SPINACH, AND FETA BREAKFAST TACOS WITH BRUSCHETTA – SERVES 4

INGREDIENTS:

- 1 tablespoon olive oil
- 1 cup sliced mushrooms
- 1 cup baby spinach, packed
- 4 large eggs
- 1 tablespoon nonfat (or nondairy) milk
- ¼ teaspoon dried basil
- ⅛ teaspoon black pepper
- ¼ cup crumbled feta cheese
- 4 six-inch corn tortillas
- 1 cup prepared tomato bruschetta topping

PREPARATION:

1. In a ten-inch skillet, heat the oil over medium heat.
2. Add the mushrooms to the skillet and sauté for 2 to 3 minutes until softened, stirring often.
3. In a small bowl, whisk together the eggs, milk, basil, and pepper and set aside.
4. Add the spinach to skillet and sauté for one minute until wilted.
5. If needed, spray the skillet with cooking spray before adding in the egg mixture. Using a spatula, scramble together the eggs with the veggies. As the eggs set, stir in the feta crumbles, and sauté another minute until the cheese is softened.
6. Assemble the tacos by dividing the egg mixture among tortillas and top with bruschetta topping.

TIP! Warm tortillas in a nonstick eight-inch skillet over high heat by placing them individually on each side for 10 seconds. Or wrap the stack of tortillas in paper towel and microwave on high for 1 minute to warm.

SUNFLOWER TACOS IN COLLARD LEAVES – SERVES 4

INGREDIENTS:

- 1 cup sunflower seeds, soaked at least 10 minutes
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ⅛ – ¼ teaspoon cayenne pepper
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 4 collard leaves, long stems removed

OPTIONAL TOPPINGS: fresh salsa, shredded cheese, shredded red cabbage, avocado, jalapeño slices, chopped cilantro

PREPARATION:

1. In a small bowl, soak the sunflower seeds in water for at least 10 minutes. Drain the seeds, and place in a food processor or blender with the chili powder, cumin, paprika, cayenne pepper, salt, and pepper. Pulse the mixture until combined and the texture is crumbly, resembling ground meat.
2. Build tacos by placing sunflower taco meat in collard leaf, then top with desired ingredients.
3. Store any leftover sunflower taco meat in an airtight container in the refrigerator up to 5 days.

NOTE: Swap 1-2 tablespoons prepared taco seasoning blend for a time-saving hack. If collard greens are not available, any large leaf lettuce can be substituted such as Boston bibb lettuce or romaine. The sunflower taco meat is also delicious on salads.



DESSERT TACOS WITH RICOTTA AND FRUIT – SERVES 4

INGREDIENTS:

- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- 1 teaspoon lemon juice
- 2½ cups fresh fruit (such as sliced bananas, strawberry slices, diced kiwi, diced mango, diced pineapple, raspberries, blueberries)
- 1 cup part-skim ricotta cheese
- 4 six-inch corn or flour tortillas

OPTIONAL TOPPINGS: Ground cinnamon, mini chocolate chips, hemp seeds

PREPARATION:

1. In a large bowl, whisk together the apple cider vinegar, honey, and lemon juice. Add the fresh fruit and stir to coat with the dressing.
2. Spread a spoonful of ricotta into each tortilla, then top with the fruit mixture. Add any desired toppings of choice.

NOTE: For a dairy-free alternative, make cashew ricotta by soaking 1 cup of cashews in water overnight. Drain the cashews and reserve at least ¼ cup of the water. In a blender or food processor, combine the cashews with the juice of half a lemon, 1 tablespoon nutritional yeast, and 1 glove of garlic. Pulse to create coarse pieces, then slowly add the reserved water 1-2 tablespoons at a time. Continue adding water and pulsing until the mixture reaches the consistency of ricotta cheese.

EQUIPMENT NEEDED

- 10-inch nonstick skillet
- 2 small mixing bowls
- 1 large mixing bowl
- Food processor or blender

INGREDIENTS

Produce

- 1 cup sliced mushrooms
- 1 cup baby spinach
- Prepared bruschetta topping (may also be in same aisle as tomato sauce)
- 1 bunch collard leaves (or 1 head Boston bibb lettuce)
- 2½ cups fresh fruit (such as sliced bananas, strawberry slices, diced kiwi, diced mango, diced pineapple, raspberries, blueberries)

Dairy/Eggs

- 4 large eggs
- 1 tablespoon nonfat (or nondairy) milk
- 1 cup part-skim ricotta cheese
- ¼ cup crumbled feta cheese

Baking, Canned, and Non-perishables

- 1 tablespoon olive oil
- ¼ teaspoon dried basil
- 8 (6-inch) corn tortillas
- 1 cup plain sunflower seeds (unsalted, not roasted)
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ¼ teaspoon cayenne pepper
- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- 1 teaspoon lemon juice
- Salt
- Black Pepper



MISE EN PLACE

*Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.
PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe*

MUSHROOM, SPINACH, AND FETA BREAKFAST TACOS WITH BRUSCHETTA:

- Slice the mushrooms

SUNFLOWER TACOS IN COLLARD LEAVES:

- Soak the sunflower seeds at least 10 minutes, up to overnight

DESSERT TACOS WITH RICOTTA AND FRUIT:

- n/a

