

TACO TIME IN NO TIME RECIPES



MUSHROOM, SPINACH & 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

SWEET POTATO, BLACK BEAN & AVOCADO TACOS

EXCELLENT SOURCE OF VITAMIN A, FIBER, AND HEALTHY FATS

NUTRITIONAL INFORMATION: Calories 296; Fat 12g; Sat Fat 2g; Sodium 171mg; Cholesterol 4mg; Carbohydrate 38g; Fiber 10g; Protein 9g

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.

SWEET POTATO, BLACK BEAN & AVOCADO TACOS – SERVES 4

INGREDIENTS:

1 medium sweet potato, small diced into ½-inch cubes
1 tablespoon extra-virgin olive oil
1 teaspoon ground cumin
1 teaspoon paprika
¼ -½ teaspoon chili powder
¼ tsp kosher salt
¼ tsp black pepper
½ cup nonfat plain Greek yogurt
¼ cup chopped cilantro
1 lime, juiced
1 (15-ounce) can black beans, drained and rinsed
1 avocado, pitted, peeled and sliced
4 six-inch corn or whole wheat tortillas

OPTIONAL TOPPINGS: fresh salsa, shredded or cotija cheese, shredded red cabbage, jalapeño slices, sliced scallions, chopped cilantro, or a squeeze of fresh lime.

PREPARATION:

1. Preheat oven to 425°F and line a large baking sheet with parchment paper.
2. In a large bowl or zip top bag, toss the sweet potatoes with the olive oil, cumin, paprika, chili powder, salt, and pepper to coat. Spread on to the baking sheet and roast for 20-25 minutes, until brown and tender.



3. In a small bowl, whisk together the yogurt, cilantro, and lime juice to create a sauce consistency. Add salt and pepper accordingly to adjust the seasoning to taste.
4. Assemble the tacos by spreading the yogurt sauce on to a tortilla, then top with the roasted sweet potatoes, black beans, avocado slices, and toppings of choice.

NOTE: Enjoy this sweet potato, black bean, and avocado taco filling served over warm rice or whole grains along with the yogurt dressing and toppings of choice to create a delicious taco bowl.

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 | 2 large mixing bowls

INGREDIENTS

Produce

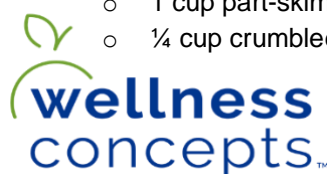
- 1 cup sliced mushrooms
- 1 cup baby spinach
- Prepared bruschetta topping (may also be in same aisle as tomato sauce)
- 1 sweet potato
- 1 bunch cilantro
- 1 lime
- 1 ripe avocado
- 2½ cups fresh fruit

Dairy/Eggs

- 4 large eggs
- 1 tablespoon nonfat (or nondairy) milk
- ½ cup nonfat plain Greek yogurt
- 1 cup part-skim ricotta cheese
- ¼ cup crumbled feta cheese

Baking, Canned, and Non-perishables

- 2 tablespoons olive oil
- ¼ teaspoon dried basil
- 12 (6-inch) corn tortillas
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ¼ teaspoon chili powder
- 1 (15-ounce) can black beans
- 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

SWEET POTATO, BLACK BEAN & AVOCADO TACOS:

- Small dice the sweet potato (TIP! Leaving the skin on adds more fiber)
- Chop the cilantro
- Juice the lime
- Drain and rinse the beans

DESSERT TACOS WITH RICOTTA AND FRUIT:

- Chop up larger pieces of fruit

