



Tasty Veggie Tacos

Makes: 4 Servings

“In Nebraska we are fortunate to have access to delicious fresh and garden-raised vegetables,” says Lauren. “It hit me that we can make foods that we already love, into healthier but yummy foods. That inspired me to whip up something that utilized vegetables for more than just the toppings. Cauliflower creates a twist on taco shells and is the foundation of a new take on tacos. I hope you enjoy this new take on tacos!”



Ingredients

For the Cauliflower Tortillas:

- 1 head cauliflower, chopped
- 2 large eggs
- 1/4 cup chopped fresh cilantro
- 1/2 lime, juiced
- Salt and freshly ground black pepper

For the Corn Salad:

- 2 ears of corn, kernels removed (about 1 cup fresh corn kernels)
- 1/4 cup chopped cilantro
- 1 teaspoon zest and juice of 1/2 fresh lime
- 1 tablespoon olive oil
- 1/4 teaspoon sea salt
- 1/2 cup crumbled queso fresco

For the Black Beans:

- 1 tablespoon olive oil
- 1 yellow onion, peeled and chopped
- Salt and freshly ground black pepper
- 1 tablespoon ground cumin
- 2 15-ounce cans black beans, rinsed and drained
- 1/4 cup water

Garnish:

- 1 large avocado, sliced into thin strips
- Pickled jalapeños
- Salsa and/or fresh tomatoes

Directions

- To make the Cauliflower Tortillas:** Preheat the oven to 375°F. Line a large baking sheet with parchment paper or grease with oil or nonstick cooking spray. In a food processor, add cauliflower and pulse until it becomes rice- like consistency. Place in a microwave--safe bowl and microwave for 2

minutes, then stir and microwave again for another 2 minutes. Place in a thin dish towel, let cool for several minutes and then squeeze out as much liquid as possible. In a medium bowl, whisk the eggs. Add in cauliflower, cilantro, lime, salt, and pepper and mix until well combined. Use your hands to shape 4 "tortillas" on the parchment paper. Bake for 10 minutes, carefully flip each tortilla, and return to the oven for an additional 7 minutes, or until completely set and light golden. Place tortillas on a wire rack to cool slightly.

2. **To make the Corn Salad:** In a microwave--safe bowl, cook the corn for 2 minutes. In a medium--sized mixing bowl, combine the corn with the remaining ingredients and set aside to marinate.
3. **To make the Black Beans:** In a large nonstick skillet, warm the olive oil over medium heat, add the onions and salt, to taste. Cook, stirring occasionally, about 5 minutes, or until the onions have softened. Add the cumin and cook for about 30 seconds, add the beans and water. Stir, cover, reduce heat to low and simmer for 5 minutes. Mash half of the beans with the back of a fork or a masher. Remove from heat, season with salt and pepper to taste.
4. **To Assemble:** Place 2 tablespoons of the bean mixture into each cauliflower taco shell, top with corn salad, and enjoy with optional garnish.

Notes

State: Nebraska

Child's Name: Lauren Hinrichs, 10




Source: The 2016 Healthy Lunchtime Challenge Cookbook

Nutrition Information

Nutrients	Amount
Calories	435
Total Fat	15 g
Saturated Fat	4 g
Cholesterol	105 mg
Sodium	735 mg
Total Carbohydrate	56 g
Dietary Fiber	20 g
Total Sugars	8 g
Added Sugars included	0 g
Protein	24 g
Vitamin D	1 mcg
Calcium	244 mg
Iron	7 mg
Potassium	1360 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	3 cups
 Protein Foods	1/2 ounce
 Dairy	1/4 cup

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Hummus

Makes: 6 Servings

Prep time: 20 minutes

This classic garbanzo bean dip is easy to make and a versatile dish. Serve hummus with fresh raw vegetables, on a piece of whole wheat pita bread or tortilla, on crackers, or as a sandwich filling.

Ingredients

2 cups garbanzo beans, cooked (chickpeas)

2 cloves garlic (minced)

¼ cup lemon juice

1 tablespoon sesame tahini ((sesame paste) or substitute peanut butter for a sweet taste)

2 tablespoons olive oil



Directions

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

Notes

Serve hummus with fresh raw vegetables, on a piece of pita bread or flour tortilla, on any cracker, or as a sandwich filling on toasted bread.

Learn more about:

- [Garlic](#)
- [Lemons](#)

My Notes

Source: Simple Healthy RecipesONIE Project - Oklahoma Nutrition Information and Education

Nutrition Information

Nutrients	Amount
Calories	157
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	138 mg
Total Carbohydrate	18 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	6 g
Vitamin D	0 mcg
Calcium	40 mg
Iron	2 mg
Potassium	190 mg
N/A - data is not available	

MyPlate Food Groups

- Vegetables 1/4 cup
- Protein Foods 1 1/2 ounces

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