

Zucchini, Corn & Black Bean Tacos

SERVES 5-6



INGREDIENTS

- 1 tbsp olive oil
- 2 medium zucchini, trimmed, cut lengthwise, cut into thin diagonals
- 1 cup cooked black beans
- 1 cup corn (fresh or frozen)
- 1 jalapeno pepper, trimmed, seeds removed, diced
- 1 tsp ground cumin
- Salsa (see tips below)
- Organic feta cheese (optional)
- Fresh cilantro, chopped
- 100% stone ground corn tortillas

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Add zucchini and corn and saute, turning frequently until zucchini begins to soften (approximately 7-8 minutes).

2. Add black beans, jalapeno pepper and cumin. continue to cook until a slight char begins to develop on the corn kernels and zucchini slices.

3. Warm tortilla shells in oven or microwave. Scoop zucchini mixture onto tortilla. Cover with salsa and sprinkle with cilantro and feta cheese, if using, before serving.

TIPS

- If using canned black beans choose a low sodium variety and rinse beans in a colander before using.
- Choose a salsa with Healthy Edge approved ingredients.
- If concerned with dairy allergies, replace cow's milk feta cheese with goat's milk cheese.

