Healthy Recipe: Black Bean & Sautéed Veggie Tacos

These tacos have a fabulous shock of color.

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When in doubt, make tacos. It's a mantra that home cooks everywhere have successfully applied to turn pretty good meals and leftovers into something a little more special. These tacos have a shock of color thanks to a fabulous assortment of veggies, but they're also the total package in terms of immune-boosting phytonutrients, fiber and plant-based protein. And to go off book for a moment, we also think these would be delicious for breakfast topped with a beautifully fried egg!

Servings: 2 / Ingredients: 11

Ingredients

- 1 tablespoon olive oil
- 1 zucchini, diced
- 1 bell pepper (yellow, orange or red), diced
- ½ onion, diced
- 1 (14 oz.) can of black beans, drained and rinsed
- ¼ cup plain Greek yogurt
- 1 tablespoon lime juice
- 1 teaspoon salt
- 4 corn tortillas
- 1 cup Mexican cabbage salad
- hot sauce of your choice (optional)

For the Mexican Cabbage Salad

- 3 limes, juiced
- ½ tablespoon salt
- 4 cups green cabbage, thinly sliced
- 1 carrot, shaved with a vegetable peeler

Directions

1. Warm the olive oil in a medium saucepan over medium-high heat. Add the diced zucchini, bell pepper and onion to the pan with a pinch of salt and pepper. Sauté until the onion becomes translucent and the zucchini and bell pepper start to brown around the edges. Turn off the heat, stir in the black beans and set aside.
2. Mix the yogurt, lime juice and salt in a small bowl until incorporated. Taste and adjust the seasoning if needed.
3. Wrap the tortillas in a clean, slightly damp kitchen towel, and heat in the microwave for 20 seconds.
4. Divide the tortillas, and evenly distribute the yogurt mixture. Spoon the cooked vegetables onto warmed tortillas, and garnish with the Mexican cabbage salad and hot sauce—if you're using it.

Nutrition Facts (per serving)

Calories: 437; fat: 11 g; saturated fat: 3 g; polyunsaturated fat: 2 g; monounsaturated fat: 6 g; carbohydrates: 68 g; sugar: 10 g; fiber: 21 g; protein: 20 g; sodium: 1,233 mg

Chef Tips

The cooked vegetable mixture can be stored in an airtight container or freezer bag and frozen for up to several months. Simply thaw and reheat when you want to whip up a plate of these tacos.

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