

California Schools VEBA (CalVEBA) presents:

# KID-APPROVED, FAMILY-FRIENDLY RECIPES

We've put together a collection of healthy, tasty treats for every meal of the day (including snacks and sweets!). Spend less time in the kitchen and more time enjoying fun with the family.

*Let's get cooking!*



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For these recipes and more, visit our [Cooking & Nutrition Hub](#), your go-to destination for healthy dietary and lifestyle choices.



# ROTISSERIE CHICKEN AND BLACK BEAN TACOS

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**Prep Time:** 15 minutes + 10 minutes cooking

**Servings:** 4

479 calories, 14.7g fat, 7.4g fiber, 33.3g protein

## INGREDIENTS:

- ½ cup grated carrots
- 1 cup shredded purple cabbages
- 1 cup shredded romaine lettuce
- 2 tbsp roughly chopped cilantro leaves
- 2 tbsp thinly sliced green onion
- Juice of ½ lime
- 2 tsp olive oil
- ½ tsp salt
- ½ tsp ground black pepper
- 2 tbsp water
- 1 cup shredded rotisserie chicken
- 1 ¾ cup black beans, rinsed and drained
- 1 packet taco seasoning or 2 tbsp CalVEBA taco seasoning mix\*
- 8 corn tortillas, heated or 8 hard taco shells
- ¼ cup Cotija cheese, crumbled
- ½ cup Pico de Gallo
- ½ cup guacamole or diced avocado
- ½ cup plain Greek yogurt
- Hot sauce of your choice, to drizzle (optional)

## EQUIPMENT:

- Chef's knife
  - Cutting board
  - Measuring utensils
  - Medium bowl
  - Medium sauté pan or sauce pot
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*With the help of store-bought rotisserie chicken, these tacos are a quick fix to make. Loaded with crunchy carrots, tangy lime, and fiber-rich black beans, these tacos are certain to become a dinner staple.*



**DIRECTIONS:**

1. In a medium bowl, toss together the carrot, purple cabbage, romaine, cilantro, and green onion. Lightly toss with the lime juice, olive oil, salt and pepper and set aside.
2. In a medium sauté pan, combine the water, chicken, black beans, and taco seasoning. Heat until warm.
3. Build each taco by dividing the chicken mixture evenly over the tortillas or taco shells. Top each with Cotija cheese, Pico de Gallo, guacamole, and Greek yogurt. Drizzle with hot sauce if desired.

***SUBSTITUTIONS (OPTIONAL):***

To the carrot mixture, add thinly sliced radishes, diced jalapenos, and/or thinly sliced red onion.

**\*CALVEBA TACO SEASONING**

**INGREDIENTS:**

- 2 tbsp ground cumin
- 1 tbsp ground chili powder
- 2 tsp ground coriander
- 1/4 tsp ground chipotle powder
- 3/4 tsp ground oregano

**DIRECTIONS:**

Combine all the ingredients.



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***Guacamole makes a great choice for meals and snacks. It's healthy, delicious, and rich in monounsaturated fats, fiber, and minerals.***

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# GUACAMOLE

**Prep Time:** 10-20 minutes

**Servings:** 4

195 calories, 17,5g fat, 8.1g fiber, 2.6g protein

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## **INGREDIENTS:**

- 2 large, ripe avocados
- 1 tsp garlic, minced
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/2 tsp coriander
- Juice of 1 lime (about 1 tbsp)
- Add-ins and sprinkles:
- Finely chopped tomato
- Small diced red onion
- Chopped cilantro leaves
- Bacon
- Pumpkin Seeds

## **EQUIPMENT:**

- Chef's knife
- Cutting board
- Medium bowl

## **DIRECTIONS:**

1. Cut the avocados in half lengthwise. Remove the pit and scoop out the flesh into a bowl. Add the remaining ingredients and mash until slightly chunky.
  2. Transfer to a serving bowl and eat immediately.
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## PEANUT BUTTER, OAT, CINNAMON, AND DARK CHOCOLATE ENERGY BITES

**Servings:** 6 (20 bites)

For 3 bites: 285 calories, 17g fat, 4g fiber, 6g protein

*These energy bites are packed with fiber-rich peanut butter, dates, and oats, making them a satisfying and nutritious snack. The dark chocolate drizzle adds a smooth finish, while the cinnamon brings an unexpected flavor that perfectly complements the richness of the peanut butter and dates. These bites are so popular for their balance of taste and texture—**perfect for anytime you need a quick, delicious bite!***

## **INGREDIENTS:**

### **For the Bites:**

- 1/2 cup rolled oats
- 4 ounces pitted Medjool dates (about 5 large)
- 1/2 cup peanut butter
- 1 tsp cinnamon
- 2 tbsp real maple syrup (more if dates are not very soft)
- 1 tsp vanilla extract
- 1/8 tsp salt

### **EQUIPMENT:**

- Food processor
- Measuring utensils
- Medium bowl for transferring dough
- Microwave-safe bowl for melting chocolate
- Small metal spoon for drizzling the chocolate
- Parchment-lined 11" x 17" baking sheet (or equivalent)

### **For the Chocolate Coating:**

- 3 oz dark chocolate chips or pieces
- 1 tsp coconut oil



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## **DIRECTIONS:**

1. In a food processor, pulse the oats until coarsely ground (about 15-20 seconds). Add the dates and pulse until they break into small pieces (about 40-50 seconds). Then, add the peanut butter, maple syrup, vanilla extract, and salt. Process until the mixture resembles cookie dough. If it's too dry, add more maple syrup, a teaspoon at a time.
2. Remove the dough from the food processor. Roll into 20 or so 1/2 inch balls. Place the balls on a parchment-lined sheet pan or large plate.
3. In a microwave-safe bowl, melt the chocolate and coconut oil. Ensure the bowl and utensils are completely dry to avoid the chocolate seizing. Microwave for 45 seconds, stir lightly, then heat for another 30 seconds, stirring again. If the chocolate isn't fully melted, repeat in 15-second increments.
4. Drizzle the melted chocolate over the energy bites. Place the pan in the refrigerator to chill until the chocolate hardens completely. Store the bites in an airtight container in the refrigerator.

*A no-cook breakfast that's perfect for busy mornings, these overnight oats are packed with fiber, antioxidants, and healthy fats to keep you full and energized.*



# OVERNIGHT OATS WITH BERRIES AND APPLES

**Prep Time:** 10 minutes

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## INGREDIENTS:

- 1 cup rolled oats
- 1 cup unsweetened oat milk
- 2 tbsp chia seeds
- 1 tbsp maple syrup
- 1 tsp cinnamon (optional)
- 1 tsp vanilla extract (optional)
- 1 cup frozen raspberries
- 1 apple, finely diced
- 1 cup chopped nuts (optional; choose from roasted or smoked almonds, walnuts, or pumpkin seeds)

## EQUIPMENT:

Bowl or glass storage container with a lid

## DIRECTIONS:

1. In a bowl or storage container, combine oats, almond milk, chia seeds, maple syrup, cinnamon, and vanilla extract.
2. Top with frozen raspberries, diced apple, and chopped nuts.
3. Cover and refrigerate overnight.
4. Serve chilled.

\* Note: Store in an airtight container in the fridge for up to 5 days.

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# COOKIE DOUGH BARK

**Prep Time:** 15 minutes

**Servings:** 4

365 calories, 27g fat, 4g fiber, 5g protein

## INGREDIENTS:

- 1 ½ cups almond flour
- 3 tbsp coconut oil, melted and cooled
- 3 tbsp maple syrup
- 1 tbsp almond milk or non-dairy milk of your choice
- 1 tsp vanilla extract
- ¼ tsp salt
- ½ cup mini dark chocolate chips

## For the Chocolate Cover:

- 3 oz dark chocolate chips (just under ½ cup)
- 1 tsp coconut oil

## EQUIPMENT:

- Mixing bowl
- Spatula
- Measuring spoons and cups
- Microwave-safe bowl
- Baking sheet
- Parchment paper



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**DIRECTIONS:**

1. Prepare Cookie Dough Mixture:
    - In a mixing bowl, combine almond flour, melted coconut oil, maple syrup, almond milk, vanilla extract, and salt.
    - Mix until a thick, cookie dough-like consistency forms.
    - Fold in mini chocolate chips.
  2. Shape and Freeze:
    - Line a baking sheet with parchment paper.
    - Spread the cookie dough mixture evenly on the parchment paper, shaping it into a rectangle about 1/4 inch thick.
  3. Prepare Chocolate Cover:
    - Melt dark chocolate and coconut oil together in a microwave-safe bowl, stirring until smooth.
    - Assemble Cookie Dough Bark:
      - Pour the melted chocolate evenly over the cookie dough mixture, spreading it with a spatula to coat.
  4. Chill and Serve:
    - Place the baking sheet in the refrigerator for about 30 minutes, or until the chocolate hardens.
  5. Cut and Serve:
    - Once hardened, remove from the refrigerator and cut into pieces with a sharp knife.
    - Serve immediately or store in an airtight container in the refrigerator.
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The image shows a recipe page for Watermelon Salsa. On the left, there is a vertical photograph of several fish tacos on a blue background. The tacos are filled with watermelon salsa, which consists of diced watermelon, red onion, and cilantro. A slice of watermelon and a lime wedge are also visible. A dark blue rounded rectangle is overlaid on the top left of the photo, containing white text. On the right side of the page, the title 'WATERMELON SALSA' is written in large blue letters. Below the title, there is a horizontal line, followed by the prep time, servings, and nutritional information. The ingredients, equipment, and directions are listed in a clean, sans-serif font. At the bottom right, there is a section for optional substitutions and a decorative teal corner graphic.

# WATERMELON SALSA

*This watermelon salsa is a fresh, summer-themed alternative to traditional salsa and goes well over fish tacos, grilled fish, or even with tortilla chips.*

**Prep Time:** 10 minutes

**Servings:** 4

32 calories, .1 g fat, .7g fiber, .7g protein

## **INGREDIENTS:**

- 2 cups small-diced watermelon
- ½ cup small-diced red onion
- ½ cup roughly chopped cilantro leaves
- ¼ tsp ground cumin powder
- Juice of 1-2 limes (2-3 tbsp)
- Grated zest of ½ lime
- 1 tsp maple syrup (optional)
- Pinch of salt (optional)

## **EQUIPMENT:**

- Chef's knife
- Cutting board
- Medium bowl
- Silicone spatula

## **DIRECTIONS:**

In a medium bowl, combine all of the ingredients. Serve immediately or keep in the refrigerator for up to 24 hours. If making ahead of time, add the lime and cilantro just before serving.

## ***SUBSTITIONS (OPTIONAL):***

Substitute mint leaves for cilantro.  
Substitute diced fruit such as peaches, nectarines, or apricots for the watermelon.

# SNEAKY PB&J SMOOTHIE WITH UNDERCOVER VEGGIES

**Prep Time:** 5 minutes

**Servings:** 1-2

371 calories, 12.5 g fat, 4.9g fiber, 26 g protein



*This tasty smoothie is reminiscent of a peanut butter sandwich and has three vegetables in it for added nutrition.*

## **INGREDIENTS:**

- 1/4 cup frozen banana pieces
- 1/4 cup frozen red berries or cherries
- 1/2 cup frozen cauliflower
- 1 small wedge of red cabbage OR 1/4 cup shredded red cabbage
- 1/2 of a small zucchini
- 1 tbsp peanut butter
- 6-12 Stevia drops OR 1 tbsp maple syrup
- 1/2 tsp vanilla extract (optional)
- 2 tbsp vanilla whey protein powder or vegan vanilla protein powder
- A pinch of sea salt
- 3/4 cup of milk, non-dairy unsweetened milk or water

## **EQUIPMENT:**

Blender

## **DIRECTIONS:**

Blend all ingredients until smooth.

# RAINBOW WHOLE WHEAT FLATBREADS

**Prep Time:** 5 minutes prep + 10 minutes cooking

**Servings:** 5

176 calories, 5.4g fat, 4.3g fiber, 3.2 g protein

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This no-yeast pizza-like dough is an easy replacement. Instead of a traditional yeast dough, the baking powder and yogurt activate to make it puffy and light. Let the dough rest for at least 20 minutes after making it so that it is easier to roll or stretch.

**INGREDIENTS:**

- 1 cup white whole wheat flour or 50/50 whole wheat and white flour
- $\frac{3}{4}$  cup unsweetened yogurt (regular or Greek)
- 1  $\frac{1}{2}$  tsp baking powder
- $\frac{1}{2}$  tsp salt
- Water to adjust consistency, if necessary
- $\frac{3}{4}$  cup marinara or pizza sauce
- Leftover roasted vegetables such as broccoli, carrots, corn
- Very thinly sliced raw sweet onion, bell peppers, mushrooms
- 6 basil leaves, thinly sliced
- 1 ounce Parmesan cheese, grated

**EQUIPMENT:**

- Chef's knife and cutting board
- Rimmed baking sheet and liner
- Silicone spatula or wooden spoon
- Large bowl

**DIRECTIONS:**

1. Preheat the oven to 400° F.
2. Mix the first 5 ingredients until a dough forms. If it is too thick, adjust with 1-2 teaspoons of water. Let the dough rest for 20 minutes.
3. Divide the dough into 5 balls. Press or roll each ball out into a circular shape.
4. Heat a medium skillet over medium-high heat. Place each flatbread one at a time into the skillet. Cook for 1 minute or until lightly brown. Flip over and repeat this process on the other side until all the flatbreads are browned.
5. Spread a little pizza sauce onto the flatbread, leaving  $\frac{1}{4}$  inch area on the outside without sauce. Top with your raw or roasted vegetables, basil leaves and a tiny bit of parmesan cheese. Bake until cheese has just melted and the vegetables are hot, about 6-8 minutes.

***SUBSTITIONS (OPTIONAL):***

Substitute whole wheat pitas for the cooked flatbreads.



# STRAWBERRY-ALMOND CHOCOLATE BITES WITH SEA SALT

**Prep Time:** 70 minutes

**Servings:** 24

118 calories, 7.6g fat, 2.1g fiber, 1.6g protein

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## INGREDIENTS:

- 1 1/2 cups sliced almonds (toasting is optional)
- 12 ounces dark chocolate, chopped or in chips
- 1 tsp. coconut oil
- 1 1/2 cups lightly crushed freeze-dried strawberries
- 2-4 tsp of flaky sea salt

## EQUIPMENT:

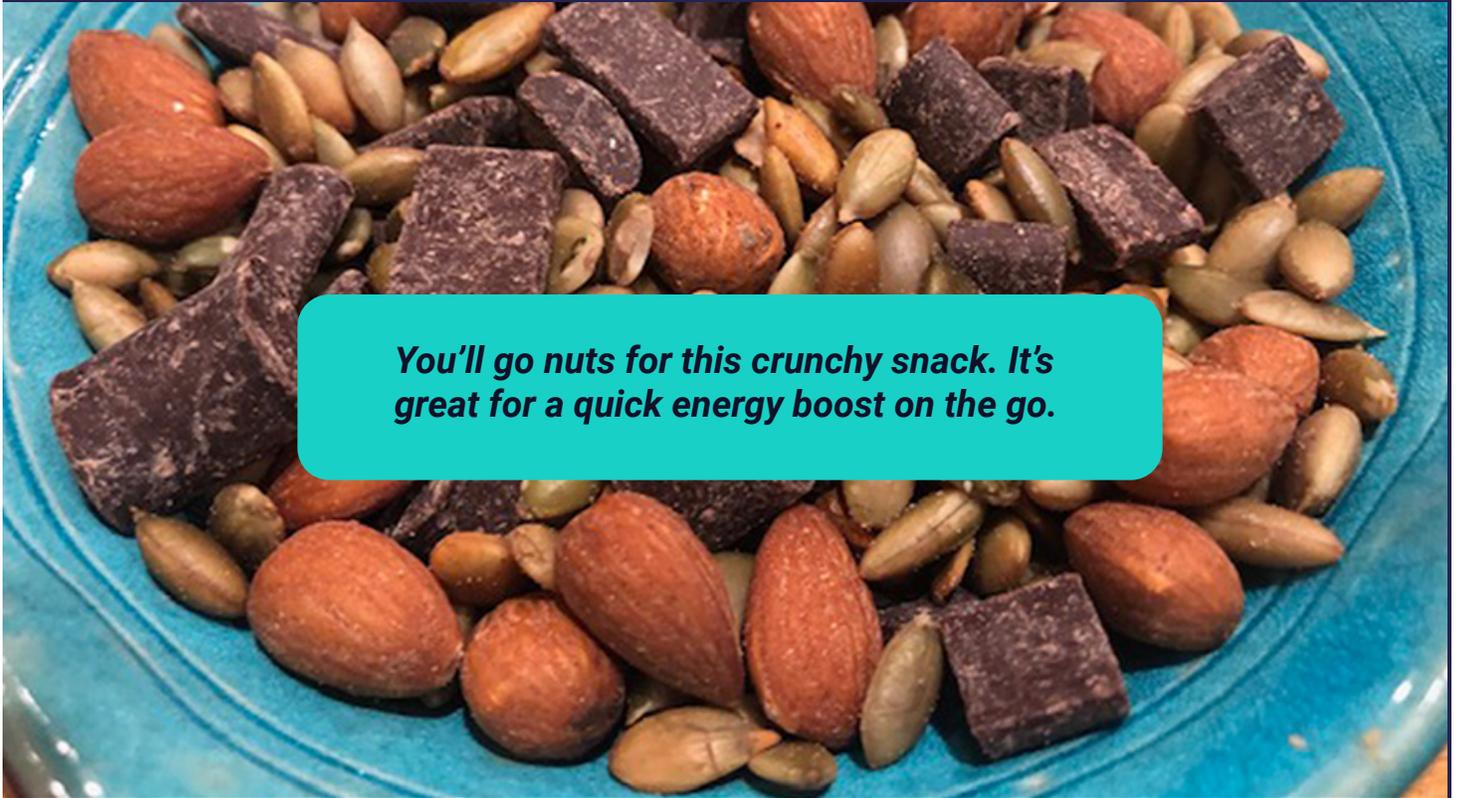
- Baking sheet
- Aluminum foil or parchment paper
- Bowl

## DIRECTIONS:

1. Preheat the oven to 325° F.
2. Line a 17" x 11" baking sheet with a silicone baking sheet, aluminum foil or parchment paper.
3. Toast the almonds for 10 minutes on the baking sheet. Remove from the oven and let both the baking sheet and almonds cool. This can be done in advance.
4. In a microwave, heat the chocolate and coconut oil in a bowl. To do this, heat for 30-45 seconds at a time and stir between each time.
5. Fold the chocolate into a bowl containing the almonds and strawberries.
6. Drop by tablespoons onto the lined baking sheet.
7. Refrigerate for 6-8 minutes. Remove and sprinkle with flaky sea salt. Return the pan to the refrigerator and chill until firm (about 1 hour).

**Perfect for  
chocolate lovers!**

**Indulge your sweet tooth  
with this tasty sweet and  
salty snack.**



*You'll go nuts for this crunchy snack. It's great for a quick energy boost on the go.*

## THREE-INGREDIENT TRAIL MIX

**Prep Time:** 5 minutes

**Servings:** 3

176 calories, 14.6 g fat, 6g protein

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### INGREDIENTS:

- 1-ounce roasted and salted almonds
- 1-ounce 85% dark chocolate, cut into small chunks or 1-ounce dark chocolate chips
- 1-ounce roasted and salted pumpkin seeds

### DIRECTIONS:

Combine ingredients and divide into 3 servings.



# STUFFED SHELLS WITH WHITE BEAN “CHEESE” SAUCE

**Prep Time:** 40 minutes

**Servings:** 4

390 calories, 8.1g fat, 13.1g fiber, 31.1g protein

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## INGREDIENTS:

- 9 jumbo pasta shells, cooked 2 minutes less than manufacturer’s specification and drained
- 1 sweet potato, microwaved for 5 minutes and cooled or cooked at 350° F for 45 minutes and cooled

## FOR THE SAUCE:

- 1 large carrot, cut into  $\frac{1}{4}$  inch slices
- 2 cloves garlic, sliced into 3-4 slices
- $\frac{1}{2}$  cup non-dairy milk
- 1  $\frac{3}{4}$  cup white beans (cannellini beans) or one 15 ounce can, drained
- 5 tbsp nutritional yeast flakes
- 2 tbsp miso paste
- 3 tbsp lemon juice
- 1 tbsp apple cider vinegar
- $\frac{1}{2}$  tsp smoked paprika
- 1 tsp maple syrup
- $\frac{1}{2}$  tsp ground black pepper
- $\frac{1}{2}$  tsp stone ground mustard

## FOR THE FILLING:

- 1 tbsp olive oil
- $\frac{1}{2}$  medium yellow onion, diced
- 6 cups spinach leaves
- 2 cloves of garlic
- 1 block extra-firm tofu, crumbled
- 1 tsp lemon zest
- $\frac{1}{2}$  tsp dried oregano
- $\frac{1}{2}$  cup of the cannellini bean sauce
- $\frac{1}{2}$  tsp salt plus more to tasted
- 1 tsp ground black pepper
- Thinly sliced basil leaves



*This healthier version of a childhood favorite is rich in flavor and packed with protein.*

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#### **EQUIPMENT:**

- Small sauce pot
- Large sauté pan
- 9" x 9" baking dish

#### **DIRECTIONS:**

1. Make the sauce. In a small sauce pot, add the carrots, milk, and garlic. Cook over medium-high heat until the carrots are soft, about 6-7 minutes. Cool slightly. In a high-speed blender, combine the carrot mixture and the rest of the sauce ingredients and blend until smooth. Set aside.
  2. Preheat the oven to 350° F.
  3. Make the filling. In a large sauté pan, heat one tablespoon of the olive oil. Sauté the onion for 4-5 minutes, or until soft. Add the garlic and the spinach and cook until the spinach is wilted, about 2-3 minutes. Remove the spinach mixture from the heat. Add the crumbled tofu, lemon zest, oregano, ½ cup of the white bean sauce, salt and pepper.
  4. Assemble the shells. Lightly coat the bottom of a 9" x 9" baking dish with olive oil. Divide the tofu mixture evenly among the shells. Spread the remaining white bean sauce over the shells. Place the baking dish with the shells into the oven and cook the shells for 20 minutes. Remove the baking dish with the shells. Sprinkle the basil leaves on top and serve immediately.
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*Who said tacos aren't for breakfast? Start your day with a healthy take on a classic.*

# VEGGIE & SMOKED GOUDA BREAKFAST TACOS

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**Prep Time:** 25 minutes  
**Servings:** 8  
236 calories, 13.1g fat, 3.8g fiber, 14.5g protein

### **INGREDIENTS:**

- 2 small (or 1 large) zucchinis, finely diced
- 2 small (or 1 large) yellow squash, finely diced
- 8-ounce mushrooms, sliced
- 6 eggs
- 6 egg whites
- 4-ounce smoked Gouda cheese, shredded
- 2 tbsp canola oil
- 1 ½ Tbsp chili powder
- 1 tbsp cumin
- 2 tsp hot sauce
- Salt and pepper, to taste
- 3 cups fresh spinach
- Salsa for garnish
- 8 corn tortillas

### **EQUIPMENT:**

- Large skillet
- Bowl
- Whisk
- Spatula

### **DIRECTIONS:**

1. Heat one tablespoon of canola oil in a large skillet over medium-high heat. Add the zucchini and yellow squash and sauté for about 6 minutes. Add the chili powder, cumin, hot sauce and sauté for another 2 minutes. Remove from stove and place this mixture into a large bowl.
2. Add the other tablespoon of oil to the pan, along with the mushrooms, and sauté for 8 minutes, until golden. Remove the mushrooms and place into the bowl with the other veggies.
3. Turn the heat down to medium. In a bowl, whisk together the eggs and egg whites and add them to the pan.
4. Add the cheese to the eggs, season with salt and pepper, and stir with a spatula until the eggs are soft scrambled and the cheese is melted. Add the eggs to the bowl with the veggies.
5. Heat the tortillas over an open flame, or in a pan.
6. Place ½ cup of spinach on each tortilla and then top with the veggie and egg mixture. Garnish with the salsa if desired.

\* Note: Store extra egg-veggie mixture in the fridge for up to 3-4 days

# TORTILLA CRUNCH CHICKEN-LIME SALAD

**Prep Time:** 10 minutes

**Servings:** 6

330 calories, 16.7g fat, 5.9g fiber, 28.1g protein

*Did you know that corn is a whole grain?* It appears twice in this main course salad, once folded into a fiber-filled salad base and the other time as a crunchy-savory salad topper. This salad is also a great way to use up the other half of a rotisserie chicken. Elevate the chicken with lime, garlic, and spices. Stir in green onions, cilantro and celery and you have a salad that will beat the heat and dazzle your taste buds.

## INGREDIENTS:

- 1 ½ cups shredded, leftover rotisserie chicken or 2 cooked chicken breasts
- 2 tbsp olive oil
- Zest of 1 lime
- Juice of 1 lime (about 2 Tbsp)
- ½ tsp chili powder
- 1 tsp ground cumin
- ½ tsp ground coriander
- 1 clove garlic, peeled and grated or minced (or 1 tsp prechopped garlic)
- 1 green onion, thinly sliced
- ¼ cup finely chopped cilantro leaves
- 1 large stalk celery, cut into thirds lengthwise and thinly sliced
- ½ tsp salt
- ½ tsp black pepper
- 1 large head romaine lettuce, cut into quarters lengthwise then sliced into ¾ inch pieces
- 1 cup cherry tomatoes, halved or quartered
- 1 cup black beans drained and rinsed
- 1 ½ cup corn kernels (can be frozen then defrosted or taken off two precooked ears)
- 1 large avocado, small diced
- ½ cup CalVEBA avocado cilantro crema\*
- 1 cup corn tortilla chips, slightly crushed
- Jalapeno slices (optional)
- ¼ cup toasted pumpkin seeds (optional)

**EQUIPMENT:**

- 2 large bowls
- Silicone spatula or wooden spoon
- Microplane/grater
- Chef's knife
- Cutting board

**DIRECTIONS:**

1. In a large bowl, combine the chicken, olive oil, lime juice, lime zest, chili powder, cumin, coriander, garlic, green onion, cilantro, celery, salt and pepper and set aside.
2. In another large bowl, combine the romaine, tomatoes, black beans, corn, and avocado.
3. On individual plates, place evenly divided amounts of the romaine mixture. Top with evenly divided amounts of the chicken mixture. Drizzle each plate with the avocado cilantro crema\* and some of the crushed tortilla chips. If desired, garnish with jalapeno slices and pumpkin seeds.

**SUBSTITUTIONS (OPTIONAL):**

Substitute a can of drained and rinsed black beans for the chicken and remove the black beans from the romaine mixture.



**\*CALVEBA AVOCADO  
CILANTRO CREMA**

**INGREDIENTS:**

- 2 small avocados or one large one
- 2/3 cup Greek yogurt (plain)
- 2 oz or one medium bunch of cilantro
- 2 tbsp of lime juice or 1 tbsp apple cider vinegar + zest of 1 lime
- 1 tsp salt
- 1/2 tsp garlic powder or 1 garlic clove minced (1 tsp)
- 1/4 tsp black pepper
- 1/4 cup water (to thin if necessary)

**DIRECTIONS:**

1. Place all ingredients except the water into a food processor until smooth.
2. Add more water for a thinner consistency.
3. Use within a day.



## SWEET POTATO & VEGGIE TORTILLA CASSEROLE

**Prep Time:** 45 minutes + 45 minutes cooking

**Servings:** 8

224 calories, 6.4g fat, 7g fiber, 6.2g protein

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This tortilla casserole will remind you of homemade enchiladas, with a plant forward upgrade focused on using healthy, fiber rich carbohydrates. Sweet potatoes and carrots bring a balanced taste and texture to the dish, plus loads of fiber and vitamin A. Bell peppers, onion, garlic, and crushed tomatoes add even more fiber and antioxidants. Cut out the classic, greasy melted cheese with queso fresco, a crumbly Mexican cheese that has a pleasant, mild flavor.

### **INGREDIENTS:**

- 2 tbsp olive oil
  - 1 yellow onion, sliced
  - 4 cloves garlic, minced
  - 1 tbsp pure maple syrup
  - 2 tbsp chili powder
  - 1 ½ tbsp cumin
  - 1 ½ tbsp coriander
  - 1 tsp salt
  - ¼ tsp cayenne pepper
- 2 yellow, red, or orange bell peppers, sliced
  - 3 large carrots, sliced on a ¼ inch diagonal
  - 1 large yam, sliced into ¼ inch half moons
  - One 32-ounce can crushed tomatoes
  - One 32-ounce can tomato sauce
  - 1/3 cup cilantro, chopped
  - 12 corn tortillas
  - 1 ½ cups queso fresco, crumbled

### **EQUIPMENT:**

- Large pot or French/Dutch oven
- 9 " x 11" baking dish

### **DIRECTIONS:**

1. Heat the olive oil over medium heat in a large pot or French/Dutch oven. Add the onion and sauté for about five minutes, until translucent.
2. Add the garlic, maple syrup, chili powder, cumin, coriander, salt, and cayenne and stir until the onions are coated. Let cook for about 30-60 seconds until the spices are fragrant but be careful not to burn the spices or garlic.
3. Stir the peppers, carrots, and yams into the onion mixture. Add the crushed tomatoes and tomato sauce and stir until all the ingredients are combined.
4. Turn the heat to low, and let simmer for 15 minutes, stirring a few times in between.
5. While the sauce and veggies are simmering, preheat the oven to 375° F and prepare a 9 " x 11" inch baking dish with cooking spray and then layer four of the tortillas evenly on the bottom of the dish.
6. When the sauce and veggies are done, stir in the cilantro and half of the cheese.
7. Spoon one-third of the sauce and veggie mixture over the tortillas at the bottom of the baking dish. Top with another layer of four tortillas. Spoon half of the remaining sauce and veggie mixture over the layer of tortillas. Top with the final layer of four tortillas, covered with the final amount of sauce and veggie mixture. Sprinkle the remaining cheese on top.
8. Bake on the middle rack of the oven for 45 minutes, until the sides are bubbling. If the top starts to burn, loosely cover with foil. Let rest for 10-15 minutes before serving and try serving with guacamole, lime wedges, fresh cilantro, hot sauce, or salsa.



# BLACK BEAN AND CORN TACOS

**Prep Time:** 10 minutes + 10 minutes cooking

**Servings:** 4

261 calories, 6.3g fat, 8.9g fiber, 8.8g protein

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Tacos are the perfect vehicles for piling on flavor, color, and most importantly, nutrients. Over are the days of greasy, fatty meat tacos, drowned in sauce and covered in cheese. Switching out black beans for meat and adding corn increases the amount of fiber on your plate. Consumption of these complex carbohydrates is very important for promoting a healthy gut microbiome.

### **INGREDIENTS:**

- 1-2 tbsp olive oil
- ½ medium onion, diced
- 2 packages of taco seasoning mix OR 2 tsp chili Powder, 1 tsp ground cumin, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp ground black pepper and 1 tsp ground coriander
- ½ tsp salt (if not using taco seasoning)
- 1 each 15 ounce can of black beans, drained
- 1 cup corn kernels (either removed from 2 cobs of corn or from a package)
- 1-2 tbsp prepared salsa
- 8 each corn tortillas, warmed or whole lettuce leaves

### **EQUIPMENT:**

- A medium or large sauté pan
- Heat-proof large spatula or wooden spoon
- A can opener (if using canned black beans)
- Measuring spoons

### **DIRECTIONS:**

1. Add the oil to the sauté pan and heat until hot.
2. Add the onion and cook until soft (about 5 minutes).
3. Add salt and spices.
4. Add black beans, corn and salsa and heat all the way through.
5. Remove from the heat and divide into the warm corn tortillas.
6. Add any optional toppings.

### **SUBSTITUTIONS (OPTIONAL):**

Substitute tofu or tempeh for the black beans, and you can use whole lettuce leaves in place of the tortillas.

