

Healthy Recipe: Black Bean & Sauteed Veggie Tacos

These tacos have a shock of color thanks to a fabulous assortment of veggies.

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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!

2 servings

11 ingredients

Ingredients

- 1 tablespoon olive oil
- 1 zucchini, diced
- 1 bell pepper (yellow, orange, or red), diced
- ½ onion, diced
- 1 (14-ounce) 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)

Directions

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

Chef Tips

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

Nutrition Facts (per serving):

Calories: 437; Fat: 11g; Saturated Fat: 3g; Polyunsaturated Fat: 2g; Monounsaturated Fat: 6g; Carbohydrates: 68g; Sugar: 10g; Fiber: 21g; Protein: 20g; Sodium: 1233mg

Registered Dietitian Approved

Our recipes, articles, videos, and more content are reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [**Oncology Nutrition for Clinical Practice, 2nd Ed.**](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [**Academy of Nutrition and Dietetics**](#), and the [**American Institute for Cancer Research**](#) and the [**American Cancer Society**](#).

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