Healthy Recipe: Black Bean & Sautéed Veggie Tacos

These tacos are a delicious package full of immune-boosting phytonutrients, fiber and plant-based proteins.

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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 are 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 proteins. 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

Ingredients

1 tablespoon olive oil

1 zucchini, diced
1 bell pepper (yellow, orange, or red), diced
1/2 onion, diced
1 (14 ounce) can of black beans, drained and rinsed
1/4 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, and a pinch of salt and pepper. Saute onion until it's translucent and zucchini and bell pepper start to brown around edges. Turn heat off, stir in 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 yogurt mixture. Spoon cooked vegetables onto warmed tortillas and garnish Mexican Cabbage Salad and hot sauce, if using.

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

All our recipes are created by chefs and reviewed by our oncology-trained staff Registered Dietitian, Kate Ueland, MS, RD, to ensure that each is backed with scientific evidence and meets the standards set by the Academy of Nutrition and Dietetics.

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