

Roasted Vegetable Tacos

Yield: 8 servings
Serving size: 2 tacos



Nutrition Facts	
Serving size	2 tacos
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 49g	18%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 86mg	6%
Iron 4mg	20%
Potassium 785mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tip: Keep vegetable scraps in a container in the freezer to make your own vegetable broth.

Roasting caramelizes the natural sugars in vegetables (which are lost in water when vegetables are boiled). Roasting a mixture of vegetables provides an easy way to add flavor plus vitamins and minerals to your diet—as a side dish, mixed into eggs or grains, or as the center of the plate.

INGREDIENTS

- 1 large head cauliflower, cut into 1-inch pieces
- 2 yellow squash, cut into 1-inch pieces
- 1 large red bell pepper, cut into 1-inch pieces
- 1 large onion, peeled and cut into 1-inch pieces
- 3 cloves garlic, minced
- 2 TBSP olive oil
- 1 TBSP lime juice
- 3 TBSP salt-free seasoning
- 1 teaspoon Kosher salt
- 2 cans (15 ounce) pinto beans, rinsed and drained
- 16 corn tortillas (6-inch), warmed
- 2 avocados
- 1 lime, cut into wedges

DIRECTIONS

1. Preheat oven to 400°.
2. Line 2 baking sheets with foil or parchment paper. Set aside.
3. In a large bowl, combine cauliflower, squash, pepper, onion, garlic, olive oil, lime juice and salt-free seasoning. Mix well.
4. Spread vegetable mixture in a single layer on parchment-lined baking sheets.
5. Roast for 30 minutes or until vegetables are fork-tender with golden edges.
6. While vegetables are roasting, place beans in a medium-sized saucepan, add a little water and cook over low heat for 5 minutes, or until warmed through.
7. Slice each avocado into 8 slices. Set aside.
8. Place corn tortillas on a clean, large work surface.
9. Place equal amounts of vegetables, beans and avocado on each taco.
10. Squeeze lime juice on each taco, fold and serve.

