

ROASTED VEGGIE TACOS

5 servings

INGREDIENTS

- 3 medium tomatoes, diced
- 1 341ml canned corn, drained, rinsed
- 1 medium zucchini, diced (1 1/2 heaping cups)
- 1 medium yellow squash, diced (1 1/2 heaping cups)
- 3/4 small onion, chopped
- 1 bell pepper, diced
- 1 1/2 Tbsp olive oil
- 1 tsp cumin
- 1 tsp chili powder, divided
- Salt & ground Black pepper to taste
- 1 cup canned black beans, drained, rinsed and warmed
- 1 1/2 Tbsp lime juice
- OPTIONAL: 1/3 cup cilantro, chopped
- 10 tortillas

DIRECTIONS

Step 1

Preheat oven to 400 degrees. Place first 6 ingredients in a mound on a large baking sheet. In a small bowl, stir together olive oil, cumin, 1/2 tsp chili powder and salt and pepper.

SHOPPING LIST

Tomatoes

Canned Corn

Zucchini

Yellow Squash

Onion

Canned Black Beans

Lime Juice

Tortillas

OPTIONAL: Fresh Cilantro

Step 2

Drizzle oil mixture over veggies on baking dish, then toss to evenly coat and spread veggies into an even layer. Bake in preheated oven 10 minutes, then remove from oven and toss (then spread into an even layer again) and return to oven to roast 10 minutes longer (or until they've reached desired doneness).

Step 3

Near the end of veggies roasting, toss warmed black beans with salt and remaining 1/2 tsp chili powder. Once veggies are done roasting, add black beans along with chopped cilantro (if using) and drizzle lime juice over top and toss.

Step 4

Serve warm over tortillas.

**Top with sour cream and hot sauce if desired.

NUTRITION

Calories: 295

Fat: 11g

Saturated Fat: 11g

Carbohydrates: 45g

Fiber: 9g

Protein: 8g

Sodium: 355mg