

Soft tacos with southwestern vegetables

Tip: These meatless soft tacos are stuffed with sauteed vegetables and topped with smoky salsa. To make it a meal, serve with Spanish rice, a tossed green salad with red wine vinegar dressing and cantaloupe cubes.

SERVES 4

Ingredients

1 tablespoon olive oil
1 medium red onion, chopped
1 cup diced yellow summer squash
1 cup diced green zucchini
3 large garlic cloves, minced
4 medium tomatoes, seeded and chopped
1 jalapeno chili, seeded and chopped
1 cup fresh corn kernels (cut from about 2 ears of corn) or 1 cup frozen corn
1 cup canned pinto or black beans, rinsed and drained
1/2 cup chopped fresh cilantro
8 corn tortillas
1/2 cup smoke-flavored salsa

Directions

In a large saucepan, heat the olive oil over medium heat. Add the onion and cook until soft. Add the summer squash and zucchini, and continue cooking until tender, about 5 minutes. Stir in the garlic, tomatoes, jalapeno, corn kernels and beans. Cook until the vegetables are tender-crisp, about 5 minutes. Add the cilantro and remove from the heat.

Heat a dry, large frying pan (without a nonstick surface) over medium heat. Add 1 tortilla to the hot pan and heat until softened, about 20 seconds per side. Repeat with the remaining tortillas.

To serve, divide the tortillas among individual plates. Spread an equal amount of the vegetable mixture on each tortilla. Top each with 2 tablespoons of the salsa. Serve immediately.

Nutritional Analysis

(per serving)

Serving size: 2 tacos			
Calories	295	Cholesterol	0 mg
Protein	10 g	Sodium	221 mg
Carbohydrate	55 g	Fiber	10 g
Total fat	6 g	Potassium	856 mg
Saturated fat	1 g	Calcium	162 mg
Monounsaturated fat	3 g		

DIABETES MEAL PLAN EXCHANGES

Starches	3
Nonstarchy vegetables	2
Fats	1