

Black Bean, Corn, and Cabbage Tacos

Makes 6-8 servings

These tacos are a packed with protein, vitamins, and flavor. Have your child help by assembling the tacos.

Ingredients

For the black bean and corn filling

- 1 tablespoon olive oil
- ½ yellow or white onion, chopped into ½ inch pieces
- 1 ear of corn, kernels removed
- 2 15-ounce cans low-sodium black beans, drained and rinsed
- ½ teaspoon salt
- ½ teaspoon cumin powder
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder or paprika (optional)

For the cabbage filling

- 1 tablespoon olive oil
- ½ small red cabbage, finely sliced
- ½ teaspoon salt
- ¼ teaspoon cumin powder
- ½ lime

Directions

1. *Make the black bean & corn filling:* Add the olive oil to a pan set over medium heat. Add the onion and cook until soft, about 5 minutes.
2. Add the corn and cook until bright yellow and soft, about 2 minutes.
3. Add the black beans, ½ cup water, salt, and spices. Cover and cook for 5 minutes.
4. Turn the heat to low and mash half of the beans in the pan. Cook uncovered until the some of liquid is gone and the beans are soft and creamy, about 5 minutes.
5. *Make the cabbage filling:* Heat the olive oil in a pan set over medium heat. Add the cabbage, salt, and cumin and cook until the cabbage is soft, 7 to 10 minutes.
6. Turn off the heat and add the juice of ½ lime. Let cool for 5 minutes.
7. Scoop the black bean filling into the tortillas and top with the cabbage filling.
8. Have each person top their tacos with any or all of the toppings they would like.
9. Serve warm with lime wedges and your favorite salsa.



Photo: Cookie and Kate

For serving

- 12-14 whole wheat flour or corn tortillas, warmed
- ½ cup low-fat yogurt
- 1 avocado, diced
- ¼ cup crumbled Cotija or feta cheese
- ½ small red cabbage, finely sliced
- ¼ cup cilantro, chopped
- ½ lime, cut into wedges

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