

Chipotle Roasted Vegetable Tacos

Makes 4 servings

These child-friendly roasted vegetable tacos are colorful and packed with nutrients. Have your child help mix the seasoning sauce and cut the avocados and mushrooms.

Ingredients

For the taco filling

- 2 tablespoons olive oil
- 2 tablespoons lime juice
- 1 tablespoon chipotles en adobo, chopped
- ½ teaspoon salt
- ½ teaspoon cumin
- ½ teaspoon garlic or onion powder
- ¼ teaspoon oregano
- 1 small delicata squash, cut in half lengthwise, seeds removed, and cut into ½ inch thick slices
- 1 medium sweet potato, cut into ½ inch cubes
- 6-8 shiitake, button, or cremini mushrooms, cut into ½ inch thick slices
- 1 15-ounce can low-sodium black beans, drained and rinsed

Directions

1. Heat the oven to 400 degrees F.
2. In a small bowl, whisk together the olive oil, lime juice, chipotles en adobo, salt, cumin, oregano, and garlic or onion powder to make a sauce for the vegetables.
3. On a large sheet pan, toss the squash slices, sweet potato cubes, and mushrooms with the sauce and spread them in a single layer.
4. Bake for 15 minutes, then remove the pan from the oven. Toss the vegetables, then bake again until the vegetables are golden brown, about 5 more minutes. Remove the pan from the oven and let the vegetables cool for 5 minutes.
5. Put the black beans onto the pan and mix them into the roasted vegetables.
6. Scoop the filling into the tortillas. Top with avocados, Cotija or feta cheese, radishes, and cilantro. Serve with lime wedges.



Photo: Our Salty Kitchen

For serving

- 8-10 whole wheat flour or corn tortillas, warmed
- 1 avocado, diced
- ½ cup crumbled Cotija or feta cheese
- 4 radishes, thinly sliced
- 1 lime, cut into wedges
- 2 tablespoons chopped cilantro

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