

# Roasted Mushroom and Carrot Tacos

Makes 4 servings

These child-friendly roasted vegetable tacos are colorful, crunchy, and packed with nutrients. Your child can help by cutting the avocados and mushrooms and assembling the tacos.

## Ingredients

### For the taco filling

- 3 portobello mushrooms, stems removed and caps wiped clean and cut into ½ inch thick slices
- 3 medium carrots, peeled and cut into ½ inch thick and 2-inch long sticks
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon cumin
- ½ teaspoon garlic or onion powder
- ¼ teaspoon oregano
- ¼ teaspoon cayenne or chile powder (optional)

### For serving

- 1 avocado, cut into ½ inch pieces
- 1 lime, cut into wedges
- ½ cup crumbled Cotija or feta cheese
- 10 small whole wheat flour or corn tortillas, warmed
- 2 tablespoons chopped cilantro

## Directions

1. Heat the oven to 425 degrees F.
2. On a large sheet pan, mix the mushroom slices and carrots sticks with the olive oil, salt, cumin, garlic or onion powder, oregano, and cayenne (if using).
3. 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.
4. Place the roasted vegetables into the tortillas. Top the tacos with avocado, crumbled feta, and cilantro. Serve with lime wedges.



Photo: Rachel Cooks

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