

Young Chefs! Taco Tuesday
Sweet Potato Lentil Tacos with Cilantro Lime Sauce

Filling:

2 cups precooked lentils
2 cups chopped sweet potatoes
your favorite cooking oil for roasting/sautéing (or use veggie broth if avoiding oil)
1 cup chopped green onions
1 teaspoon cumin
1 teaspoon smoked paprika

Toppings:

corn (frozen or fresh)
shredded cabbage
avocado

Cilantro Lime Sauce:

1 cup Greek yogurt
1 cup fresh cilantro
juice of 1 lime
1 tablespoon red wine vinegar
1 teaspoon garlic powder
8 corn tortillas

Prepare sweet potatoes and chopped green onions by either pan sautéing over medium heat or roasting on a parchment lined baking sheet at 400 with oil (or veggie broth), salt and smoked paprika. Once soft, remove from heat. Put lentils in a bowl and warm slightly in microwave. Add cooked sweet potatoes and mix well. Add cumin, and smoked paprika to taste. Set aside.

2. Prepare your toppings by warming up corn, dicing avocado and cleaning shredded cabbage. Warm up tortillas.

3. Make sauce by putting all ingredients in a food processor, blender or high speed blender and blending until smooth.

4. Assemble your tacos by putting a few spoonfuls of filling on a tortilla, then adding toppings and drizzling sauce over the top. Enjoy!

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Easy Taco Bowl with Spiced Tofu

For tacos:

- 1 Tbsp olive oil
- 2 garlic cloves, minced (2 tsp)
- 1 sweet onion, diced
- 1 pound tofu, firm, cubed
- Salt and freshly ground black pepper
- 1 Tbsp chili powder
- 1 1/2 tsp ground cumin
- 1/8 tsp cayenne pepper (optional)
- 1/2 cup low-sodium chicken broth
- 1/2 cup tomato sauce

For bowls:

- 2 (12 oz) bags riced cauliflower, cooked according to package instructions
- 1 cup corn, fresh, boiled for 3 minutes; taken off of the cobb
- 3/4 cup shredded Mexican blend cheese
- 1 cup homemade* or store-bought pico de gallo
- 1 avocado, sliced Fresh cilantro and lime slices, (optional)

Heat olive oil in a 12-inch non-stick skillet over medium-high heat.

Add garlic and onions, and saute 10 seconds, then add tofu and season lightly with salt and pepper (about 1/4 tsp each add more at the end as desired).

Cook, turning tofu occasionally, until cooked through, 5 - 6 minutes.

Add in chili powder, cumin and cayenne pepper and cook 20 seconds longer, while tossing.

Pour in chicken broth and tomato sauce, bring to a simmer then reduce heat to low and let simmer until sauce has reduced, about 3 - 5 minutes.

To assemble bowls divide rice cauliflower among bowls, top with tofu mixture, corn, cheese, avocados, pico, cilantro and serve with limes wedges.

*For homemade pico de gallo, in a bowl toss together 3 diced Roma tomatoes, 1/4 cup diced yellow onion, 1 small minced garlic clove, 2 Tbsp minced cilantro, 1 Tbsp lime juice and season with salt and pepper to taste.

Tasty Guacamole

- 8 ripe Haas avocados
- 6 tablespoons freshly squeezed lemon juice (1 lemon)
- 16 dashes hot pepper sauce
- 1 cup small-diced red onion (2 small onions)
- 2 large garlic cloves, minced
- 2 teaspoon kosher salt
- 2 teaspoon freshly ground black pepper
- 2 medium tomatoes, seeded, and small-diced

Cut the avocados in half, remove the pits, and scoop the flesh out of their shells into a large bowl. (Can use a spoon!)

Immediately add the lemon juice, hot sauce, onion, garlic, salt, and pepper and toss well. Using a knife, slice through the avocados in the bowl until they are finely diced. Add the tomatoes. Mix well and taste for salt and pepper.