



JERSEY TASTES!

RECIPES

Veggie Tacos Olé

INGREDIENTS:

FAMILY-SIZE

SERVES: 4

PORTION SIZE: 2 EACH

- Non-Stick Cooking Spray
- 1 lb. Asparagus
- 1/2 lb. Red Peppers or 1 each medium
- 15.5 oz. can Black Beans, drained & rinsed
- 2 tablespoons Vegetable Oil
- 2 tablespoons Taco Seasoning Mix
- 6 tablespoons Water
- 4 tablespoons Lemon Juice
- 1/2 Avocado
- 1/2 teaspoon Garlic, minced
- 1/8 teaspoon Salt
- 8 each Corn Tortillas



SCHOOL FOOD SERVICE

PORTIONS: 24

PORTION SIZE: 2 EACH

- Non-Stick Cooking Spray
- 5 lbs. Asparagus
- 2.5 lbs. Red Peppers
- 1.25 #10 can plus 1/4 cup Black Beans, drained & rinsed
- 3/4 cup Vegetable Oil
- 3/4 Taco Seasoning Mix
- 2.25 cups Water
- 1.5 cups Lemon Juice
- 3 each Avocados
- 1 tablespoon Garlic, minced
- 3/4 teaspoon Salt
- 48 each Corn Tortillas

GREAT VEGETARIAN LUNCH ENTREE!

Fun Fact:

To break off tough ends --- Bend & Snap off bottom of stalks!

DIRECTIONS:

- 1** Preheat oven to 425°F. Spray pan with cooking spray.
- 2** Cut asparagus into 1-inch pieces. Slice peppers into thin strips.
- 3** Combine oil, taco seasoning, 2 Tbsp (food service 3/4 c) of water & 2 Tbsp (food service 3/4 c) lemon juice.
- 4** Spread asparagus, peppers & black beans on sheet pan. Drizzle with oil mixture. Bake for approx. 15 minutes.
- 5** Combine 4 Tbsp (food service 1.5 c) water, 2 Tbsp. (food service 3/4 c) lemon juice, avocado, garlic & salt in food processor or blender. Blend until sauce is creamy.
- 6** Warm corn tortillas according to directions on box. Place approx. 1/4 c beans in corn shells. Top with 1/4 c asparagus & peppers. Drizzle with avocado sauce or salsa. Enjoy!

Portion Size: 2 each = 2 oz. Meat Alt.; 1 oz. Grain; 1/4 c Veg/Other; 1/4 c Veg/Red-Orange

RECIPES MADE IN COLLABORATION WITH:

