

Broccoli & Potato Taco

Recipe

Yield: 10 tacos

Ingredients

1 teaspoon olive oil
2 small potatoes, skin on
1 small broccoli crown and stem
2 cloves garlic
10 mini corn tortillas
1/4 cup cotija cheese, crumbled
Hot sauce, optional



Instructions for Adults

Assist with the safe operation of the hot plate/stove to saute veggie taco filling after kids chop. The filling includes: broccoli, potatoes, and garlic. Start by warming the pan for one minute over medium-high heat and adding olive oil.

Instructions for Kids

- Using a kid-safe knife, chop the potato into 1/2-inch small dice and place in a bowl. An adult will help you add the potato to the warm pan and saute for 5 minutes. While it is cooking, chop the broccoli into 1/2-inch small dice and place in a bowl. Grate the garlic and add to the broccoli.
- Add broccoli and garlic to the pan with the potatoes and continue to cook for 5 to 8 minutes until potatoes and broccoli are fork-tender and slightly browned.
- Meanwhile, warm tortillas in a small pan or by placing in the microwave for 10 seconds. Use a box grater to grate the cotija cheese onto a plate.
- To assemble, lay a warm tortilla flat on a plate. Top with 1/4 cup of sauteed vegetables. Sprinkle with 1 teaspoon of crumbled cotija cheese. Add 1/2 teaspoon hot sauce (optional). Repeat with remaining tacos. Eat and enjoy!

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