

Tres Hermanas Taco Recipe

Yield: 4 cups filling, 8 tacos



Ingredients

- 1 teaspoon olive oil
- 1 zucchini, cubed
- 8 tortillas
- 3-5 sprigs cilantro, chopped
- 1 cup sweet corn, (fresh, frozen, or canned)
- 1 cup black beans (fresh or canned)
- 1 green onion, diced
- 1 teaspoon ground cumin
- Juice of 1 lime
- Salt and pepper to taste

Instructions for Adults

Warm pan for 1 minute over medium-high heat and add olive oil. Add cubed zucchini and sauté for 3-5 minutes until fork-tender and slightly browned. Return sautéed zucchini to the bowl. Warm tortillas on a hot pan while kids complete the taco recipe.

Instructions for Kids

- Cut the zucchini into 1-inch cubes and place in a large mixing bowl.
- Tear or chop cilantro while the zucchini is cooking.
- Once the zucchini has been cooked, measure and add sweet corn, black beans, green onion, cumin, juice of the lime, and cilantro to the cooked zucchini.
- Stir to combine. Add salt and pepper to taste.
- Scoop the mixture onto a warm tortilla and enjoy!

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