



# Grilled Vegetarian Tacos



Makes 4 servings

## Ingredients

- ¼ teaspoon salt
- 2 ½ teaspoons chili powder
- 2 ¼ teaspoons paprika
- 2 teaspoons ground cumin
- 1 ¼ teaspoons onion powder
- 1 ¼ teaspoons garlic powder
- 1 pinch ground cayenne pepper
- ½ red bell pepper, seeds removed, cut in strips
- ½ yellow bell pepper, seeds removed, cut in strips

- 1 green bell pepper, seeds removed, cut in strips
- 1 cup sliced brown mushrooms
- ½ medium onion, cut in thin strips
- 2 tablespoons extra-virgin olive oil, divided
- 1 15-ounce can no-salt-added black beans, rinsed and drained
- 12 6-inch corn tortillas
- \*optional toppings: diced tomatoes, shredded lettuce, shredded cheese and sour cream

## Directions

1. Preheat grill to medium-high heat.
2. In a small bowl, combine first seven ingredients. Set aside.

3. In a large bowl, combine the peppers, mushrooms and onions. Add 1 tablespoon oil. Toss. Add 2 tablespoons of the seasoning mix made in step 2. Toss. Set aside.

(directions continued on back)



MAIN DISH



## Directions (continued)

4. Place a piece of aluminum foil on a clean work surface. Add beans, 1 tablespoon oil and remaining seasoning in the center. Bring the short ends of the foil together and roll them down, leaving some space between the food and foil. Then repeat with remaining ends of the foil. Set aside.
5. Place a grill pan on the grill. Allow to heat for 1 to 2 minutes. Add vegetables to the grill pan. Grill for about 10 minutes, stirring occasionally.
6. When the vegetables are almost done, place the foil pack on the grill. Cook for 3 to 5 minutes.
7. Remove vegetables and foil pack from the grill. Place tortillas on the grill for 15 to 30 seconds, until warm.
8. Remove tortillas from grill and build tacos. Enjoy warm.

\*Option not included in nutrition facts.

♥ = heart smart

✂ = low sodium

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## Nutrition Facts

Serving Size 3 tacos with 1/4 of vegetable mushroom mix (311g)  
Servings Per Container 4

Amount Per Serving

Calories 350    Calories from Fat 90

% Daily Value\*

Total Fat 10g    15%

Saturated Fat 1g    5%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 170mg    7%

Total Carbohydrate 57g    19%

Dietary Fiber 11g    44%

Sugars 3g

Protein 11g

Vitamin A 35%    Vitamin C 170%

Calcium 10%    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	50g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat  
Carb choices per serving: 4