

Easy Dinner: Tacos!

Inspired by tasteofhome.com

Ingredients:

- 1 medium onion, finely chopped
- 1 zucchini, finely chopped
- 1 2/3 cups fresh or frozen corn, thawed
- 1 TB olive or vegetable oil
- 1 can (15 ounces) black beans, rinsed and drained
- 1/4 cup salsa
- 8 flour tortillas (6 inches), warmed
- Optional: 1/2 cup sour cream and shredded cheddar or other cheese

Method:

1. In large skillet, heat oil over medium heat and sauté onion, zucchini, and corn until tender.
2. Stir in beans and salsa and cook uncovered 3-4 minutes, stirring occasionally, until heated through.
3. Scoop 1/3 cup onto one half of each tortilla. Top with optional sour cream and cheese. Fold tortilla over filling, serve and enjoy!

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Growing Connections to Fresh Food

