

Vegetable Tacos

Yield: 8 Tacos



Ingredients

- 1 Pound of Your Favorite Vegetables, Diced Small and Kept Separate
- 1 Tablespoon Canola or Corn Oil
- 8 Each Corn or Flour Tortillas, Warmed
- 2 Tablespoons Taco Seasoning (See Recipe)
- Salt and Pepper to Taste
- 1 Cup Mexican Crema (See Recipe)
- ½ Cup Cilantro Pesto (See Recipe)
- ½ Cup Pepita Seeds, Toasted

Method

- 1) Place oil in a skillet over medium-high heat.
- 2) Starting with the densest vegetable, place the vegetable in the pan and sauté until half-way cooked. *Example: Carrot would be a dense vegetable as compared to zucchini.*
- 3) Add next densest vegetable and continue to cook until halfway cooked. Continue with the remaining vegetables until all are sautéing.
- 4) Add Taco Seasoning and continue to sauté until well blended. Taste and add salt and pepper if necessary.
- 5) To assemble, place approximately 2 ounces of vegetable mixture onto each warmed tortilla. Top with pesto, crema, and pepita seeds.

Taco Seasoning

Yield: Approximately 1 Cup



Ingredients

- ¼ Cup Chili Powder
- 4 Teaspoons Ground Cumin
- 3 Teaspoons Garlic Powder
- 1 Teaspoon Onion Powder
- 2 Teaspoon Dried Oregano
- ½ Teaspoon Smoked or Spanish Paprika
- 2 Teaspoon Kosher Salt

Method

- 1) Measure ingredients and place in a small container. Mix to blend spices.

Cilantro Pesto

Yield: Approximately 1 Cup



Ingredients

- 1 Bunch Fresh Cilantro, Washed and Chopped Rough, including Stems
- 2 Cloves Garlic Minced
- ¼ Cup Grated Cotija Cheese
- ¼ Teaspoon Cayenne Pepper
- ½ Cup Pepita Seeds, Toasted
- ½ to 1 Cup Olive Oil
- Salt to Taste

Method

- 1) In an electric food processor or blender, blend cilantro, garlic, cheese, cayenne pepper, and pepita seeds.
- 2) Blend the mixture while slowly adding olive oil. Add less olive oil if you like it thicker, and more olive oil to thin.
- 3) Taste and add salt if necessary.

Mexican Crema

Yield: Approximately 1 Cup



Ingredients

- 1 Cup Heavy Whipping Cream
- 2 Tablespoons Buttermilk or Lemon Juice
- Zest and Juice of ½ Lime

Method

- 1) Place heavy cream in a clean glass container. Add buttermilk or lemon juice.
- 2) Loosely cover container and allow to sit at room temperature for 12 to 24 hours. Cream will thicken the longer it sits out.
- 3) Once mixture is thick, place in refrigerator to chill completely.
- 4) Once chilled, place liquid in a stainless-steel bowl and whip until thick. You may use an electric mixer for this part.
- 5) Fold in zest and lime juice. Chill until ready for use.