




Mushroom, Rajas, and Corn Taco with Queso Fresco

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 anaheim chili
- 0.3 cup queso añejo grated
- 6 servings cilantro leaves
- 6 corn tortillas
- 6 epazote leaves fresh chopped (1 tablespoon, optional)
- 1 cup ears corn fresh (1 ear)
- 1 large clove garlic thinly sliced

- 6 servings pepper black
- 6 servings kosher salt
- 1.5 tablespoons olive oil
- 1 poblano pepper
- 0.5 cup queso fresco cut into small cubes
- 6 servings salsa
- 6 ounces mushrooms white trimmed quartered
- 0.5 onion white peeled cut into 1/2-inch dice

Equipment

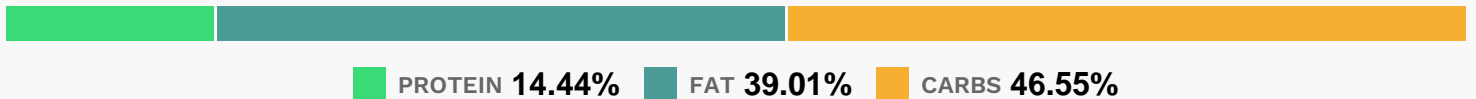
- bowl
- frying pan
- paper towels
- broiler

Directions

- Roast the chiles as for rajas (see note) and cut them into 1/2-inch dice.
- Heat a heavy pan (preferably cast iron) over medium-high heat until very hot.
- In a bowl, toss the corn with 1 teaspoon of the olive oil and a sprinkling of salt.
- Spread the corn in the hot pan and let it blacken slightly, without stirring, for 30 seconds. Have a lid ready in case the kernels begin to pop.
- Remove the roasted corn from the pan.
- In the same pan, heat 2 teaspoons of the olive oil.
- Add the onion and diced chiles and cook, stirring often, until the onion is soft and beginning to brown. Season lightly with salt and remove from the pan.
- Reduce the heat and add the remaining olive oil.
- Add the garlic and mushrooms. Cook, stirring often, until the mushrooms are cooked through, 2 to 3 minutes. Return the corn and chiles to the pan and stir to reheat.
- Turn off the heat and stir in the epazote, if using, black pepper, and queso fresco.

- To assemble the tacos, spoon some vegetables onto a tortilla. Top with a generous tablespoon of salsa and sprinkle about 1 teaspoon of cotija cheese over all. Top with a cilantro sprig.
- Char the whole peppers on all sides, by placing them directly in a gas flame or under a hot broiler. Wrap them in a paper towel and allow to cool completely, then remove the stem and seeds. Rub off the charred skin with the towel—do not wash the chiles or you'll lose all that great smoky flavor.
- Reprinted with permission from *Amor y Tacos: Modern Mexican Tacos, Margaritas, and Antojitos* by Deborah Schneider, © May 2010 Stewart, Tabori & Chang

Nutrition Facts



Properties

Glycemic Index:35.58, Glycemic Load:5.54, Inflammation Score:-5, Nutrition Score:9.5791305666384%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 186.01kcal (9.3%), Fat: 8.57g (13.19%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 18.86g (6.86%), Sugar: 5.25g (5.83%), Cholesterol: 12.91mg (4.3%), Sodium: 560.63mg (24.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.29%), Vitamin C: 21.93mg (26.58%), Phosphorus: 185.37mg (18.54%), Fiber: 4.17g (16.67%), Manganese: 0.26mg (13.21%), Calcium: 126.73mg (12.67%), Vitamin B6: 0.24mg (11.85%), Vitamin B3: 2.32mg (11.6%), Vitamin B2: 0.18mg (10.82%), Magnesium: 41.89mg (10.47%), Potassium: 357.79mg (10.22%), Selenium: 6.75µg (9.64%), Copper: 0.19mg (9.46%), Vitamin A: 402IU (8.04%), Vitamin B1: 0.12mg (7.8%), Vitamin B5: 0.76mg (7.63%), Vitamin E: 1.1mg (7.36%), Zinc: 0.99mg (6.57%), Folate: 22.62µg (5.66%), Vitamin K: 5.61µg (5.34%), Iron: 0.89mg (4.94%), Vitamin B12: 0.18µg (3.04%), Vitamin D: 0.33µg (2.21%)