



Veggie Tacos



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



2

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings olive oil extra virgin
- ☐ 1 cup summer squash roughly chopped (1-2 zucchini or squash, depending on the size)
- ☐ 0.5 medium onion chopped
- ☐ 1 garlic clove chopped
- ☐ 1 large mild chile fresh green chopped (Anaheim or Hatch)
- ☐ 0.5 jalapeño chile pepper fresh minced (, if you desire more heat)
- ☐ 2 servings salt
- ☐ 1 pinch ground cumin

- ☐ 1 pinch ground oregano
- ☐ 1 tomatoes small to medium chopped
- ☐ 4 corn tortillas
- ☐ 4 slices cheddar cheese
- ☐ 0.3 cup mexican cotija cheese crumbled canned (a salty, crumbly cheese, you can substitute feta)
- ☐ 3 sprigs cilantro leaves fresh chopped (okay to include the stems, if small)

Equipment

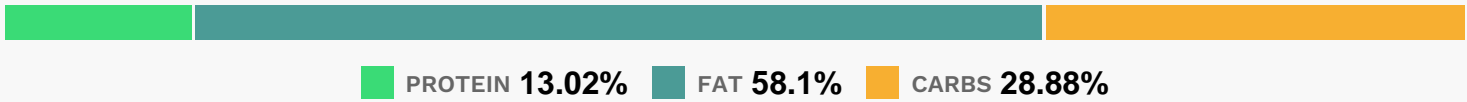
- ☐ frying pan
- ☐ paper towels
- ☐ stove
- ☐ microwave
- ☐ spatula

Directions

- ☐ Sauté the vegetables:
- ☐ Heat a tablespoon or two of oil in a large sauté pan on medium high heat.
- ☐ Add the zucchini, onions, garlic, green chiles, and jalapeño to the pan.
- ☐ Sprinkle with salt and cumin. Stir to coat the vegetables with the oil in the pan.
- ☐ Spread the veggies out in the pan and then stir only occasionally, until they are all lightly browned.
- ☐ Stir in the chopped tomatoes and oregano, lower the heat to low.
- ☐ Let gently cook for several minutes while you are preparing the tortillas.
- ☐ Soften the tortillas: You are going to want to heat up the tortillas twice, first to soften them, and then to melt the cheese.
- ☐ There are two basic ways of doing this. One way is on the stove top, preferably in a cast iron pan. Another way is to use the microwave. In both methods you will work in batches. (A third way is to use fresh homemade corn tortillas, which is a great option if you are set up for it.)
- ☐ Preparing tortillas on the stove-top

- ☐ Heat a dollop of olive oil (or other vegetable oil) in a large cast iron frying pan, on mediumhigh.
- ☐ Add a tortilla to the pan, moving it around a bit, and turning it over, so that it spreads around the oil.
- ☐ Let the tortilla heat until it develops little bubbles of air pockets.
- ☐ Then place a piece of cheese on one side of the tortilla, and use a metal spatula to fold the other side of the tortilla over the cheese.
- ☐ Heat until cheese is melted, then remove from pan.
- ☐ Note that if you have a big enough pan, you can have one tortilla folded over while you have another tortilla doing its initial heating.
- ☐ Preparing tortillas in the microwave
- ☐ Place a paper towel (or half a paper towel) on the heating surface of your microwave.
- ☐ Spread out 2 tortillas on the paper towels.
- ☐ Cook on high heat for 20 seconds per tortilla, in the case of 2 tortillas, 40 seconds. The tortillas should develop air pockets. (Note that every microwave is a little different, and corn tortillas differ as well. So you may need to adjust the times for your particular setup.)
- ☐ Then place a slice of cheese on one side of each tortilla and fold the tortillas over the cheese. Cook for an additional 10 seconds per tortilla (20 seconds for 2 tortillas), or until the cheese is melted.
- ☐ Add sautéed vegetables to the tacos: Open the tacos and spoon some of the cooked veggie filling into them.
- ☐ Sprinkle with chopped cilantro and crumbled cotija cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:181.75, Glycemic Load:13.34, Inflammation Score:-9, Nutrition Score:22.486956238747%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 473.46kcal (23.67%), Fat: 31.51g (48.48%), Saturated Fat: 11.26g (70.38%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 29.49g (10.72%), Sugar: 6.43g (7.15%), Cholesterol: 50.69mg (16.9%), Sodium: 663.81mg (28.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.89g (31.77%), Vitamin C: 69.94mg (84.77%), Phosphorus: 445.12mg (44.51%), Calcium: 407.08mg (40.71%), Vitamin A: 1594.54IU (31.89%), Vitamin B6: 0.62mg (30.86%), Vitamin K: 31.64µg (30.14%), Vitamin B2: 0.48mg (28.11%), Manganese: 0.49mg (24.48%), Selenium: 16.27µg (23.25%), Fiber: 5.76g (23.04%), Vitamin E: 3.18mg (21.23%), Magnesium: 78.63mg (19.66%), Zinc: 2.91mg (19.4%), Potassium: 602.22mg (17.21%), Folate: 56.57µg (14.14%), Vitamin B1: 0.18mg (12.01%), Copper: 0.23mg (11.48%), Vitamin B12: 0.68µg (11.29%), Vitamin B3: 2.13mg (10.64%), Iron: 1.8mg (10.01%), Vitamin B5: 0.65mg (6.51%), Vitamin D: 0.28µg (1.86%)