



Pinto Bean & Roasted Vegetable Tacos



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Ingredients

- 1 16 oz. can of no-salt added pinto beans, drained and rinsed
- 2 Tbsp. low sodium chicken or vegetable broth
- 1 tsp. olive oil
- 2 Tbsp. yellow onion, chopped
- 1 small jalapeño pepper, seeded and minced
- ½ tsp. garlic, minced
- Cooking spray
- 1 medium yellow squash, sliced into coins
- 1 medium zucchini squash, sliced into coins
- 1 small yellow onion, sliced
- Pepper to taste
- 8 (6-inch) corn tortillas
- ½ cup prepared green salsa
- ½ cup (2 oz.) crumbled queso fresco cheese
- 1 medium tomato, chopped

Directions

1. Heat oven to 400°F (204°C).
2. Puree beans and broth in food processor until smooth. Heat olive oil in a small skillet over medium-high heat. Sauté chopped onion and jalapeño pepper 4 to 5 minutes or until tender. Add garlic and cook 1 minute more. Add bean puree and stir until well combined. Cook 4 to 5 minutes or until heated.
3. Line baking sheet with aluminum foil. Cut the slices of squash and zucchini into quarters. Spray yellow squash, zucchini, and sliced onion with cooking spray. Sprinkle with pepper. Bake about 20 minutes, flipping sliced vegetables halfway through cooking time.
4. Heat tortillas. Spread about ¼ cup bean mixture onto each tortilla. Top with about ¼ cup squash and onions. Finish each taco with 1 Tbsp. salsa, 1 Tbsp. cheese, and chopped tomatoes.