

Taco Tuesday

Interactive, fun, and healthy, Taco Tuesday is one of our favorite nights of the week. Tacos are a great family food—kids will have fun adding toppings and getting their hands messy, all while nourishing themselves with wholesome veggies, grains, beans, and more. And while we love the traditional rice, beans, and salsa, we also enjoy mixing it up and filling our tortillas with flavors from around the world. We hope the recipes in this section will spark your imagination and make you think fresh about what can go in this handheld favorite.

Sweet Potato Enchiladas with Jalapeño Cashew Sour Cream

Serves 6

Soft tacos, filled with flavorful sweet potatoes, corn, and zucchini, smothered in delicious spicy ranchero sauce and baked to perfection—what could be better? You can make the ranchero sauce and cashew sour cream ahead of time and refrigerate them for a few days, and if you find that you have extra, serve them with tortilla chips as a snack!

ENCHILADA FILLING

2 to 3 small zucchini, cut into ¼-inch-thick half-moons (2 cups)

2 cups cubed peeled sweet potatoes

1 cup fresh or frozen corn kernels

1 onion, finely chopped

¼ cup sliced black olives

½ cup chopped fresh flat-leaf parsley

1 tablespoon ground cumin

1 teaspoon freshly ground black pepper

¾ teaspoon granulated garlic

¾ teaspoon granulated onion

½ teaspoon sea salt

½ cup low-sodium vegetable broth

RANCHERO SAUCE

1 (28-ounce) can no-salt-added tomatoes, buzzed in blender until smooth

1 (4-ounce) can green Hatch chiles

¼ cup no-added-sodium tomato paste

1 onion, finely chopped

1 green bell pepper, chopped

1 jalapeño, seeded and chopped

1 tablespoon ground cumin

1 tablespoon minced garlic

½ cup chopped fresh cilantro

½ teaspoon freshly ground black pepper

½ teaspoon sea salt

TO ASSEMBLE

12 corn or whole-grain flour tortillas

Jalapeño Cashew Sour Cream (page 160)

Chopped seeded jalapeño

Chopped fresh cilantro

1 lime, cut into wedges