



### Spicy Asian Tacos

By Dena McDowell, MS, RD

Ingredients	Servings: 4 (2 tacos with doubled corn tortillas—for each taco—and ½ c. filling per person)  Nutrient value per serving
4 c. butternut squash, peeled, seeded and cut into ¾- to 1-in. cubes 8 oz. button mushrooms, sliced 1 c. carrots, thinly sliced 2 T. cornstarch 4 t. low-sodium tamari 3 cloves garlic, minced 1 T. fresh ginger, grated 2 t. unseasoned rice vinegar 1 t. crushed red pepper 4 c. kale, chopped 16 (6-in.) corn tortillas	Exchanges ..... 3 starch ..... 1 ½ vegetable ..... 4 protein ..... 1 fat ..... 1 other carbs Calories .....534 Calories from Fat.....30 Total Fat.....3 g Saturated Fat .....0 g Cholesterol.....0 mg Sodium ..... 403 mg * Carbohydrate .....57 g Fiber.....12 g Sugar ..... 7 g Protein.....34 g
Instructions	Notes
<ol style="list-style-type: none"> <li>Combine the squash and ¼ c. water in a 12-in. nonstick skillet. Bring to a simmer over medium-high heat. Reduce the heat to medium-low and simmer, covered, for 6–8 min.</li> <li>Stir in the mushrooms and carrots. Simmer, covered, for 5 min. more.</li> <li>Combine the cornstarch, tamari, garlic, ginger, rice vinegar and crushed red pepper in a small bowl. Stir in ¼ c. water.</li> <li>Add the tamari mixture and kale to the vegetables in the skillet. Cook for 1 min., stirring occasionally and adding ¼ to ½ c. water to reach a thinner consistency, if desired.</li> <li>Spoon the skillet mixture onto doubled tortillas. Serve immediately.</li> </ol>	Prep time: 20 min. Cook time: 15 min.  <i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form.</i>  * Because this meal includes more sodium than our usual recommendations, you should balance out your salt consumption throughout the rest of the day.  For simplicity's sake, count other carbohydrates (other carbs) as starches.