

Summer Veggie Tacos

by foodforscot

For filling:

2-3 cups diced summer root veggies (new potatoes, golden beets, carrots, turnips, etc.)

1-2 summer veggies (zucchini, eggplant (salt, let sit, and pat dry), green peppers, yellow summer squash, etc.) or ears of corn

1 tsp of paprika

1 tsp of cumin

1/2 tsp of chili powder

butter/olive oil

salt

pepper

For toppings (choose as many or as few as you'd like):

Tomato pico de gallo (recipe below)

Cabbage slaw (recipe below)

Queso fresco (or cotija)

For tacos:

12 corn tortillas

lime wedges

For filling: There are a few ways you can prepare the filling, depending on whether or not you want to turn on the oven. One option is to toss the root veggies, spices, olive oil, salt, and pepper and spread out on a baking sheet. Bake at 425° for about 20 minutes. Then, add diced summer veggies to the baking sheet. Bake another 15-25 minutes or until the root veggies are tender and everything is golden. This method is easier, but hotter.

Option two is to only use the stove top and grill. For this method, you will want to blanch the root veggies. To do that, place them in a medium pot or sauce pan. Cover with water. Bring the pot to a boil and simmer until root veggies are tender. Drain and set aside. Using a cast iron fry pan, add some oil and butter over medium-high heat. Add potatoes and spices and brown (5-10 minutes, stir occasionally). All the summer veggies can be sliced, drizzled with olive oil and seasoned with salt and pepper. Grill summer veggies over medium-high heat until softened and blackened (3-5 minutes per side). Corn can be blackened directly on the grill and then cut the kernels off the cob. Once root veggies are browned, add summer veggies and cook together for a few minutes before serving. This method is more work, a little less hot, and a little tastier.

For toppings: prepare your choice of toppings. Crumble cheeses.

For tacos: On the grill or directly over a gas burner, cook the corn tortillas until soft, pliable, and slightly charred. Top with filling, your choice of toppings and serve with a lime wedge.

(Servings: 4, Prep time: 30 min., Cook time: 30 min., Difficulty: Easy)

Tomato Pico de Gallo

1 pint of cherry tomatoes, quartered
1/4 of a red onion, finely chopped
1 bunch of cilantro, chopped
juice of 1 lime
salt and pepper

Mix all ingredients in a bowl. Taste and adjust seasoning.

Cabbage Slaw

1/2 head of cabbage, finely shredded
1 green pepper, seeded and finely sliced
1 bunch of cilantro, chopped
1 green hot pepper, seeded and finely minced
juice of 1 lime
1-2 tsp of white wine vinegar
1-2 tsp of olive oil
salt and pepper

Mix all ingredients in a bowl. Taste and adjust seasoning. This tastes better if it is made several hours in advance (or up to a few days).