

MOT more of this
LOT less of that

Sweet Corn Tacos

Summer Farm Fresh Corn!

Serves: 4

Total time: ~ 40 minutes

Ingredients

- 8 corn tortillas
- 2 ears of corn
- 2 avocados, peeled, pitted, cut into cubes
- 1 jalapeño pepper, seeded and minced
- 1/2 cup finely chopped pitted dates
- 1/4 cup chopped fresh cilantro
- 2 Tablespoons chopped fresh basil
- 1/2 cup crumbled feta cheese
- Juice of 2 limes
- 1/4 teaspoon pepper
- 1 Tablespoon extra-virgin olive oil
- 1/2 small white onion, diced
- 1 15 oz can black beans, rinsed and drained
- 1/4 cup water
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder

Recipe adapted from "Diet for the Mind" book

Directions

1. Prepare corn tortillas as desired: microwave until soft, or heat on a griddle.
2. Microwave the unhusked ears of corn, one at a time, for 4 minutes.
3. Removed husk and silks, and cut off kernels.
4. Transfer kernels to medium bowl.
5. Add avocados, jalapeño, dates, cilantro, basil, feta cheese, lime juice and pepper. Gently stir together.
6. Heat olive oil over medium heat in sauté pan and add onion; sauté for 2-4 minutes.
7. Add black beans, water, cumin, and garlic powder and cook for another 4 minutes.
8. To assemble, scoop a heaping spoonful of black bean mixture in the center of each tortilla, top with a heaping spoonful of the corn mixture. Fold in half to eat.

Mary-Beth says: "Corn tortillas are higher in fiber than flour tortillas, and make a delicious shell for these plant based ingredients!"