



Nourish Your Body & Soul

WARM TACO SALAD

INGREDIENTS

- 2 ears corn
- water
- 3 medium zucchini
- 4 medium tomatoes
- 3 cloves garlic
- 1/2 white or yellow onion
- 1 1/2 tbsp sunflower oil
- 1/2 can black beans
- 10 sprigs cilantro
- table salt
- 1/4 tsp ground black pepper
- 8 taco-size tortillas
- 1 cup shredded Monterey Jack cheese or "Mexican Blend"

TOOLS

- 3 qt pot with lid
- 12 inch sauce pan
- Large cooking spoon
- Colander
- Cutting board
- Chopping knife & paring knife
- 5 bowls

PREP TIME: 30 MINS

COOK TIME: 20 MINS

TOTAL TIME: 50 MINS

PREP IT

1. Shuck the corn and place it in the pot. Add enough water that the corn floats. Put over high heat and cover. Once boiling, reduce the heat and simmer for 10 minutes.
2. While the corn simmers, dice the zucchini and put it in a bowl, then dice the tomatoes and put them in a separate bowl.
3. Rinse and dry the cutting board. Mince the garlic and put it in another bowl, then dice the onion and put it in a separate bowl.
4. Drain the corn and set aside to cool.

COOK IT

1. Heat the oil in the sauce pan over high heat. Add the diced onion and cook, stirring constantly, for 5 minutes.
2. Add the garlic, stirring constantly, for 1 minute., then add the tomatoes, stirring to mix well. Cook for 5 minutes, stirring frequently.
3. Add the zucchini, stirring to mix well. Cook for 5 minutes, stirring occasionally.
6. Meanwhile, drain and rinse the black beans in the colander. Mince the cilantro, and strip the corn kernels off the cob. Put the corn in a bowl and sprinkle lightly with salt; stir to coat.
7. Add the beans, cilantro, corn and black pepper to the pan, stirring to mix well. Simmer for 3 minutes. Serve with tortillas and cheese.