

# Spinach and Sweet Potato Soft-Shell Tacos

Ingredients	Instructions
<p>1 Tbsp. olive oil                      1 large onion, diced to ½" [or 2 cups frozen chopped onions]                      1-2 Tbsp. minced garlic from about 4-6 med. cloves [or chopped prepared garlic]                      1-3 Tbsp jalapeno pepper, minced, from about 1 med. pepper [or 2-4 Tbsp. canned diced peppers, mild to hot, to taste]                      1-2 tsp. chili powder (more or less, to taste)                      2 tsp. dried leaf oregano                      2 tsp. ground cumin</p>	<p><b>Saute Aromatics</b> In a large saute pan, heat oil over medium heat until hot but not smoking. Add onion and saute about 4-5 minutes until just beginning to brown.</p> <p>Lower heat to medium-low. Using the "hole-in-the-middle trick" add remaining ingredients and cook them about 2-3 minutes, stirring lightly to prevent burning.</p> <p>Stir everything together and cook another 3-4 minutes, stirring occasionally to prevent burning.</p>
<p>1 15-oz. can black beans, with juices (or navy, red or pinto beans)                      2 to 3 cups baked sweet potatoes, unpeeled, cut into roughly ½ -1" cubes, from about 2 medium potatoes [or 10-oz. package frozen sweet potatoes]                      3-4 cups spinach, stemmed and cut into roughly 2" squares, from about 1 bunch spinach [or 6- to 8-oz. tub pre-washed spinach or 10-oz. package frozen chopped spinach]                      Sea salt and freshly ground pepper, to taste</p>	<p><b>Add Vegetables and Simmer</b> Gently stir beans, sweet potatoes, spinach and salt and pepper into onion mixture and simmer on low heat for about 10-15 minutes, stirring a few times and adding a little water or broth if necessary to prevent sticking.</p> <p>Once filling has simmered, taste and adjust seasonings, then remove from heat and allow to cool slightly.</p>
<p>2-3 cups thinly sliced green cabbage or dark green lettuce [or packaged pre-sliced cabbage]                      Salsa                      Fresh lime juice                      Chopped cilantro                      Diced avocado                      Finely shredded cheddar cheese or goat chevre                      Sour cream (low-fat if desired)</p>	<p><b>Prepare Toppings</b> While filling simmers, assemble desired toppings and place in small bowls.</p>
<p>12 whole-corn soft tortillas (or hard-shell tacos)</p>	<p><b>Warm Tortillas and Serve</b> While filling cools, wrap tortillas in a lightly dampened cloth napkin. Microwave 30-60 seconds to warm. Serve immediately, placing a tortilla on each plate, topped by about ¾ cup filling. Roll or eat open-faced. Pass optional toppings at the table.</p>

Serves: 6

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## Notes

**Go for Color** Spinach has especial appeal when paired with bright orange sweet potatoes, black beans, yellow corn tortillas and red salsa.

**Time Strategies** If pressed for time, convenience ingredient options are included in light-colored type. Use as many as desired to make the dish doable in your time frame.

**Sweet Potatoes** If using fresh sweet potatoes, make some the night before for dinner and throw in a couple extra to use in this dish. If you forget to make in advance, they can also be shredded on a box grater and cooked in the dish, but you may need to simmer the dish a little longer to cook through.

**On the Side** Plate of jicama sticks and baby carrots, sprinkled with fresh lime and chopped cilantro

**Vegetable Options** Try substituting any of these vegetables to "healthify" your tacos:

- Zucchini
- Yellow squash
- Green cabbage
- Chard
- Red, yellow or orange peppers
- Green peppers
- Radishes (cut in 1/8" matchsticks or shred and serve as a spicy topping)
- Roasted red beets (cut in ¼" matchsticks)
- Asparagus (cut in 1" lengths)
- Mushrooms

**Meat Options** Add 1 lb. hamburger after onions have browned lightly. Push onions to the sides, break up hamburger and brown in the middle of pan. Stir into onions and then continue with remainder of recipe, omitting beans.

Chicken, pork and white fish can also be good substitutions for the beans.

