

Heart-healthy Taco Night

Who says you can't enjoy taco night on a heart-healthy diet? Tacos are a great way to incorporate vegetables and beans into dinner, and this family-friendly meal is on the table in a flash. Replacing the meat with a combination of beans and vegetables reduces saturated fat and adds fiber, while choosing soft corn tortillas instead of crunchy taco shells cuts down on calories and sodium.

- *Roasted Vegetable & Black Bean Tacos*
- *Mexican Coleslaw*

Nutrition Facts	
Serving: 1 meal	
Amount Per Serving	
Calories 420	
Total Fat 17 g	
Saturated Fat 3 g	
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 10 mg	
Sodium 453 mg	
Potassium 1252 mg	
Total Carbohydrate 56 g	
Dietary Fiber 14 g	
Sugars 11 g	
Added Sugars 0 g	
Protein 16 g	
Vitamin A	207%
Vitamin C	221%
Calcium	31%
Iron	25%

Roasted Vegetable and Black Bean Tacos

Makes 4 servings

Ingredients

For the roasted vegetables:

- 1 medium yellow squash, cut into ½-inch cubes
- 1 medium zucchini, cut into ½-inch cubes
- 2 portobello mushroom caps, cut into ½-inch cubes
- 1 medium yellow onion, quartered and thinly sliced
- 1 tablespoon olive oil
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon smoked paprika
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 15-ounce can no-salt-added black beans, drained and rinsed

For the kale topping:

- 1 tablespoon olive oil
- 2 cloves garlic, finely chopped
- Pinch of red pepper flakes
- 1 bunch kale, tough ribs removed and leaves roughly chopped
- ¼ cup water
- 2 tablespoons apple cider vinegar
- ¼ teaspoon ground black pepper

For the tacos:

- 8 6-inch corn tortillas, warmed
- ½ cup crumbled cotija cheese (optional)

Preparation

1. To make the roasted vegetables: Preheat the oven to 400° F. On a rimmed baking sheet, arrange the squash, zucchini, mushrooms, and onion. Drizzle with the olive oil and add the cumin, coriander, smoked paprika, salt, and pepper, then toss to combine. Roast the vegetables until just tender, about 10 minutes. In a large microwave-safe bowl, heat the black beans until warm, about 1 minute. Transfer the roasted vegetables to the bowl and stir to combine.
2. To make the kale topping: In a large skillet, combine the olive oil, garlic, and red pepper flakes and cook until the garlic is fragrant, about 1 minute. Add the kale and cook, stirring occasionally, until it wilts, 2 to 3 minutes. Pour in the water, cover the skillet, and cook the kale until tender, about 8 minutes. Stir in the vinegar and pepper and remove from heat.
3. To assemble the tacos: Place the tortillas on a work surface and add some of the vegetable filling and kale topping. Sprinkle each taco with 2 teaspoons cotija cheese (if using), fold, and serve.

Nutrition Facts

Amount Per Serving

Calories 364

Total Fat 13 g

Saturated Fat 3 g

Monounsaturated Fat 6 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 10 mg

Sodium 348 mg

Potassium 990 mg

Total Carbohydrate 49 g

Dietary Fiber 12 g

Sugars 8 g

Added Sugars 0 g

Protein 15 g

Vitamin A 138%

Vitamin C 162%

Calcium 27%

Iron 21%

Mexican Coleslaw

Makes 8 servings

Ingredients

- ½ cup chopped cilantro
- ¼ cup rice vinegar
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ½ head cabbage, red or green, very thinly sliced (about 6 cups)
- 2 to 3 medium carrots, peeled and grated (about 1 ½ cups)

Preparation

Whisk cilantro, vinegar, oil, and salt in a large bowl. Add cabbage and carrots; toss well to coat.

Nutrition Facts	
Amount Per Serving	
Calories 56	
Total Fat 4 g	
Saturated Fat 0 g	
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 105 mg	
Potassium 262 mg	
Total Carbohydrate 7 g	
Dietary Fiber 2 g	
Sugars 3 g	
Added Sugars 0 g	
Protein 1 g	
Vitamin A	69%
Vitamin C	59%
Calcium	4%
Iron	4%