



Harvest Vegetable Tacos

Ingredients:

Guacamole:

2 avocados, peeled, pitted and mashed
2 small diced vine ripe tomatoes
1/2 small diced sweet onion
1 small diced jalapeño, seeds removed
Juice of 1 lime
Kosher salt and fresh cracked pepper to taste

Veggie Tacos:

2 cups of cooked brown rice
One, 16 ounces can of strained, rinsed and heated black beans
3 ears of corn un-shucked
1 red bell pepper cut into 1 inch pieces
1 zucchini cut into 2 inch long thick cut pieces
1 squash cut into 2 inch long thick cut pieces
1 thickly sliced red onion
1/2 bunch of asparagus
4 tablespoons of olive oil
1 tablespoon of chili powder
1/2 tablespoons of ground cumin
Kosher salt and fresh cracked pepper to taste
10 corn tortillas
Optional: Queso fresco

Makes 10 tacos

Preparation:

Preheat the grill to high heat.

Guacamole:

1. Add all of the ingredients to a bowl and mix thoroughly.
2. Set aside in the refrigerator to keep cool.



Tacos:

1. Add the prepared pepper, zucchini, squash, red onion and asparagus to a large bowl.
2. Coat the vegetables with the olive oil, chili powder, cumin and salt and pepper, and mix until thoroughly combined.
3. Place the prepared vegetables into perforated grill pans.
4. Place the corn in the husks right onto the grill.
5. Roast all of the vegetables.
6. Shake the pan and turn the corn often to cook evenly. It will take about 10 minutes total to cook everything. Vegetables should be browned and cooked to al dente.
7. Once everything is done cooking remove from the grill, shuck the corn and trim the corn. Discard the cob.

To Plate:

1. Place down the corn tortillas.
2. Add a small amount of cooked brown rice, black beans, roasted vegetables and guacamole>
3. Garnish with queso fresco.