

Zucchini Tacos

@SFSTATECARES

PREP TIME: 10 MIN | COOK TIME: 10 MIN | SERVINGS: 4-5

INGREDIENTS

- 1.5 Tbsp cooking oil
- 1/2 cup diced onion
- 1/2 cup diced tomato
- 1/2 cup diced zucchini
- Seasonings of choice: cumin, chili powder, garlic powder
- Salt and pepper, to taste
- Tortillas, for serving

RECIPE NOTES:

- Add protein of choice: scrambled eggs, canned beans, chicken, beef, shrimp, etc.
- Add additional toppings such as shredded lettuce or cabbage, guacamole, crema or sour cream, lime, or cilantro

DIRECTIONS

- In a large skillet, heat oil over medium high heat. Add onion and saute until soft and translucent, about 4 min.
- Reduce heat to medium low. Add tomato and zucchini and cook, stirring occasionally, until softened. Add seasonings of choice, plus salt and pepper to taste.
- Warm tortillas in the microwave or on a separate skillet and add veggie filling and protein of choice. Add desired toppings and enjoy!
- Refrigerate any leftover filling to make tacos for future meals. Enjoy within 4 days.

