



## Sheet Pan Veggie Tacos

Prep Time: 15 min

Cook Time: 30 min

Serves: 6

### NUTRITION FACTS, PER SERVING:

580 calories

34 g fat

960 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 3 sweet potatoes, diced
- 1/2 pint grape tomatoes, halved
- 3 garlic cloves, minced
- 1 (15 oz) can black beans, drained & rinsed
- 1 jalapeno, diced
- 2 cups zucchini, diced
- 1 diced red bell pepper, diced
- 1/2 cup diced onion
- 1/2 cup corn kernels, 2 ears
- 2 TB olive oil\*\*
- Sheet Pan Veggie Taco Spice Blend:
  - 2 tsp chili powder
  - 2 tsp cumin
  - 1/2 tsp oregano
  - 1/2 tsp paprika
- 1/4 tsp salt & 1/4 tsp black pepper\*\*
- 12 corn tortillas
- Non-stick cooking spray\*\*

### **Creamy Avocado Crema**

- 1 avocado
- 1/2 cup cilantro, chopped
- 1/2 cup sour cream
- 1 TB olive oil\*\*
- 1 lime, juiced
- 1/2 tsp garlic powder
- 1/4 tsp salt & 1/4 tsp black pepper\*\*

### DIRECTIONS:

1. Preheat the oven to 425 degrees. Coat a large baking sheet with **non-stick cooking spray**.
2. Combine the following in a large bowl: Peel and dice the **sweet potatoes** into 1/2 inch cubes. Dice **zucchini** into 1/2 inch cubes. Halve the **grape tomatoes**. Peel and mince the **3 garlic cloves**. Drain and rinse the **black beans**. Halve the **jalapeno**, remove the seeds and ribs with a knife, thinly slice into strips then dice. **(Wash your hands immediately after touching the jalapeno and avoid touching your eyes.)** To the same large bowl, add the **zucchini, red bell pepper, onion, corn kernels, 2 TB olive oil, Spice Blend, 1/4 tsp salt & 1/4 tsp black pepper**. Toss to combine.
3. Pour the **vegetable mixture** onto the greased baking sheet in an even layer. Bake for 25-30 minutes, tossing halfway through until vegetables are tender.
4. Combine all the ingredients for the **Creamy Avocado Crema** in a blender or mash with a fork in a bowl. Stir well to make a sauce. Add a little water if the sauce needs to be thinner.
5. To warm the **tortillas**, place them one at time in a fry pan heated to medium high heat for 30 seconds each side. Keep warm by wrapping in a towel OR warm the tortillas by wrapping the stack of tortillas in a damp paper towel or clean kitchen towel, then wrap plastic wrap around the stack and place on a microwavable safe plate. Microwave until tortillas are warm and flexible, about 30 seconds.
6. To serve the tacos, fill the **warmed tortillas** with the **vegetable mixture** and top with a drizzle of the **Creamy Avocado Crema** sauce.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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