

EAT GREEN • LIVE WELL

# vegetarian times

## BEST OF SUMMER

35

SPECTACULAR  
SEASONAL  
RECIPES

INSPIRED  
5-INGREDIENT  
TACOS

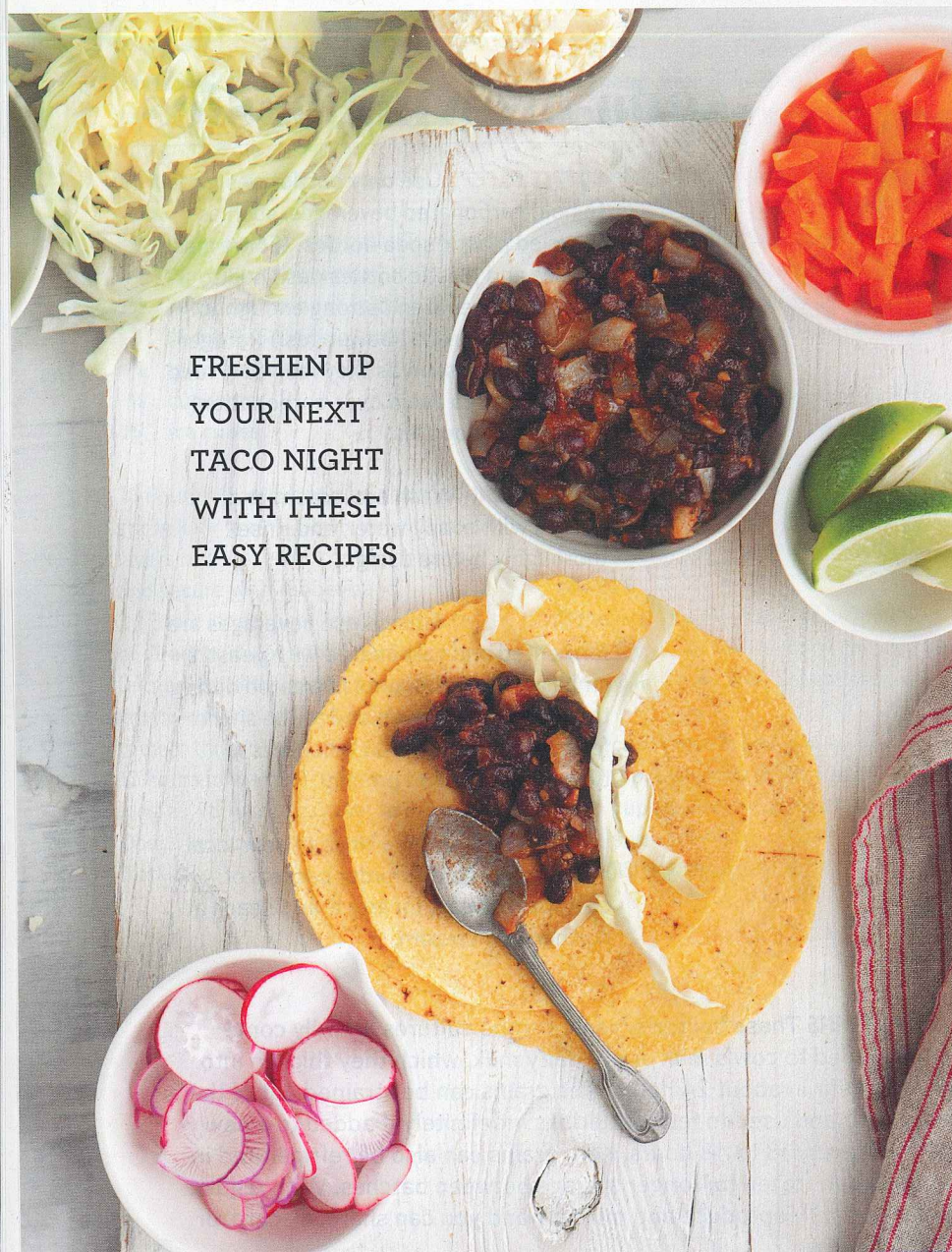
VERSATILE SAUCES  
FOR BUSY  
WEEKNIGHTS

THE BLENDER GIRL'S  
HEALTHY  
CONVENIENCE  
FOOD

HOW TO EAT FOR  
HEALTHY BONES

PROVENÇAL  
TARTLETS, p. 52





FRESHEN UP  
YOUR NEXT  
TACO NIGHT  
WITH THESE  
EASY RECIPES

### Salsa Roja Black Bean Tacos

FILLS 4 TACOS



Salsa roja is a cooked salsa made with skillet- or grill-blackened onions, tomatoes, and garlic. Serve in warmed corn tortillas.

- 1 large onion, quartered, divided
- 2 round or plum tomatoes
- 2 cloves garlic, peeled
- 1 chipotle chile in adobo sauce, plus  $\frac{1}{2}$  tsp. adobo sauce
- 1 15-oz. can black beans, rinsed and drained

**1** Cut one-quarter of onion into 3 or 4 chunks. Chop remaining three-quarters of onion, and set aside.

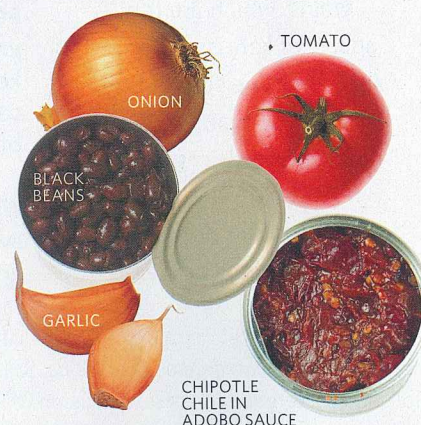
**2** Place medium skillet over medium-high heat. Char onion chunks, tomatoes, and garlic cloves in dry skillet 10 minutes, turning occasionally. Remove onion and garlic to plate while tomatoes continue to blacken. Break up tomatoes with wooden spoon or spatula; return onion and garlic to skillet. Add chipotle chile, adobo sauce, and 1 cup water. Bring to a simmer, reduce heat to medium-low, and simmer 15 minutes. Transfer to blender, and blend until smooth.

**3** Wipe out skillet, and coat with cooking spray. Heat over medium heat. Add chopped onion, cover, and cook 5 minutes, or until translucent. Add beans and salsa roja, and cook 3 to 4 minutes, or until thickened.

**PER  $\frac{1}{2}$ -CUP FILLING** 117 cal; 7 g prot; <1 g total fat (<1 g sat fat); 23 g carb; 0 mg chol; 268 mg sod; 7 g fiber; 4 g sugars  

## fill 'em up!

**Ever since** chef Roy Choi took to the streets of Los Angeles with his now-legendary Kogi Korean BBQ taco truck, soft tacos have hit the big time. The street food classic has gotten a lot more sophisticated in recent years, but that doesn't mean it has to be complicated. (After all, the craze started in the tiny space of a food truck!) We decided to try our hand at the trend and came up with some tasty filling combinations to spice up any weeknight meal.







**Zucchini Verde Tacos**

FILLS 8 TACOS | 30 MINUTES OR LESS

Tangy, spicy salsa verde blooms to its full flavor potential when cooked, which is why it's often used in enchiladas. Here, it coats lightly cooked zucchini chunks for a satisfying taco filling with a hint of heat. Serve in warmed flour or corn tortillas.

- 2 tsp. olive oil, divided
- 1 medium onion, quartered and thinly sliced
- 3 medium zucchini, quartered lengthwise and cut into 1-inch-thick chunks (5 cups)
- $\frac{3}{4}$  cup prepared salsa verde
- $\frac{1}{4}$  cup chopped cilantro

Heat oil in large skillet over medium-high heat. Add onion, and sauté 5 minutes, or until softened and browned. Add zucchini, salsa verde, and  $\frac{3}{4}$  cup water. Reduce heat to medium, and simmer 10 minutes, or until most of liquid has reduced, but mixture is still moist. Stir in cilantro, and season with salt and pepper, if desired. Spoon into tortillas, and serve.

**PER  $\frac{1}{2}$ -CUP FILLING** 36 cal; <1 g prot; 2 g total fat (<1 g sat fat); 5 g carb; 0 mg chol; 175 mg sod; <1 g fiber; 3 g sugars  

**Poblano-Mushroom Tacos**

FILLS 4 TACOS | 30 MINUTES OR LESS


Salty, crumbly cotija cheese perks up the earthy flavors of mushrooms, onions, and poblano chiles; if you can't find cotija cheese, try feta. Serve in warmed flour or corn tortillas.

- 1 medium red onion, thinly sliced ( $1\frac{1}{4}$  cups)
- 1 tsp. ground cumin
- 10 oz. cremini mushrooms, quartered (4 cups)
- 1 medium poblano chile, thinly sliced
- $\frac{1}{2}$  cup crumbled cotija or feta cheese

**1** | Coat large nonstick skillet with cooking spray, and heat over medium-high heat. Add onion, and sauté 5 minutes, or until soft.

**2** | Add cumin, and sauté 30 seconds. Add mushrooms and poblano chile, and season with salt and pepper, if desired. Sauté 5 minutes, or until most of liquid has evaporated. Serve in tortillas topped with cheese.

**PER SERVING ( $\frac{1}{2}$  CUP FILLING AND  $1\frac{1}{2}$  TBS. CHEESE)**

79 cal; 6 g prot; 4 g total fat (2 g sat fat); 8 g carb; 14 mg chol; 212 mg sod; 2 g fiber; 3 g sugars 

**Jackfruit Bulgogi and Kimchi Tacos**

FILLS 4 TACOS


Brined jackfruit stands in for beef in this simplified take on bulgogi, a Korean barbecue dish. Serve in warmed flour tortillas.

- 1 20-oz. can jackfruit in brine, rinsed and drained
- 1 cup chopped kimchi, plus  $\frac{1}{4}$  cup juice, divided
- $\frac{1}{4}$  cup teriyaki or stir-fry sauce
- 2 green onions, thinly sliced
- 2 Tbs. sesame oil, divided

**1** | Coarsely chop jackfruit, and place in bowl. Cover with cold water, and let stand 15 minutes. Rinse, drain, and return to bowl.

**2** | Whisk together kimchi juice, teriyaki sauce, green onions, 1 Tbs. sesame oil, and 1 cup water in bowl. Pour over jackfruit, cover, and refrigerate 8 hours, or overnight.

**3** | Heat remaining 1 Tbs. sesame oil in large skillet over medium-high heat. Add jackfruit and marinade, cover, and cook 10 minutes. Uncover, and cook 10 to 15 minutes more, or until most of liquid has evaporated and jackfruit begins to brown. Serve in tortillas, and garnish each taco with  $\frac{1}{4}$  cup kimchi.

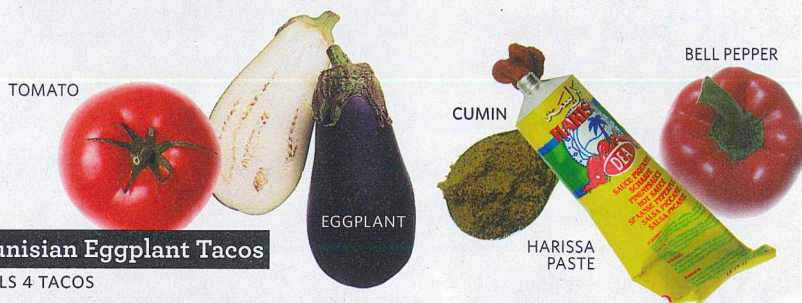
**PER  $\frac{1}{2}$ -CUP FILLING** 148 cal; 2 g prot; 8 g total fat (<1 g sat fat); 17 g carb; 0 mg chol; 740 mg sod; 8 g fiber; 7 g sugars 



## Fresh Toppers

Half the fun of eating tacos is customizing each one. Shredded lettuce, diced tomatoes and onions, salsa, guacamole, cheese, and sour cream are classic toppings, but you can mix things up with these add-ons:

- Watercress or arugula
- Grated jicama, carrot, cabbage, or raw beet
- Diced pineapple, peaches, kiwifruit, strawberries, or melons
- Chutney or lime pickle
- Diced bell pepper
- Pumpkin or sunflower seeds
- Sliced daikon radish
- Aged goat cheese



## Tunisian Eggplant Tacos

FILLS 4 TACOS

Serve this filling in warmed flour tortillas, which are surprisingly similar in taste and texture to some Tunisian flat breads.

- 8 plum or Roma tomatoes (1½ lb.)
- 2 medium red bell peppers
- 2 small eggplants, diced (4 cups)
- 2 tsp. harissa paste
- 1 tsp. ground cumin

**1** Preheat oven to broil. Place whole tomatoes and bell peppers in two separate baking dishes; broil 30 minutes, turning occasionally, until skins begin to blacken. Remove dishes from oven, cover bell peppers in dish, and cool. Remove skins, cores, and seeds from bell peppers, and cut into ½-inch pieces. Remove skins

from tomatoes, and crush with hands. Reserve all juices.

**2** Coat large skillet with olive oil cooking spray, and heat over medium-high heat. Sauté eggplants 5 to 7 minutes, or until browned. Add tomatoes and bell peppers and their juices. Stir in harissa and cumin. Simmer 5 minutes, or until sauce thickens.

**PER ½-CUP FILLING** 71 cal; 2 g prot; <1 g total fat (<1 g sat fat); 16 g carb; 0 mg chol; 22 mg sod; 4 g fiber; 9 g sugars

Food writer Cristin Nelson lives in Boston with her husband and her enthusiastic appetite.

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