Vegetarian Summer Squash Tacos

Yield: 4 servings (serving size is 2 tacos)
Total Time: 25 minutes

Ingredients
1 medium yellow onion
1 jalapeño pepper
1 medium summer squash
1 medium zucchini squash
2 cloves of garlic
2 Tablespoons cilantro
1 15.5-ounce can low sodium black beans
2 Tablespoons olive oil
8 Soft 6” whole wheat tortillas

Optional toppings:
Diced tomatoes, low-fat sour cream or plain Greek yogurt, reduced fat shredded cheese, avocado slices

Preparation Instructions
1. Prepare vegetables: Chop onion, garlic and jalapeño pepper into small bite size pieces. Chop zucchini and summer squash into small dice. Finely chop cilantro.
2. Drain and rinse black beans.
3. Heat oil in a large pan over medium heat. Add onion and jalapeño and stir until soft, about 2-3 minutes.
4. Add zucchini, summer squash and garlic to the pan, stirring occasionally until tender, about 3 minutes.
5. Add black beans to pan. Stir occasionally until warm, about 3-4 minutes.
6. Remove from heat and stir in cilantro.
7. Divide evenly onto whole wheat tortillas and top with optional toppings.

Nutrition Analysis
Per Serving: 350 calories; 11g fat (1g saturated, 0g trans); 0mg cholesterol; 640mg sodium; 49g carbohydrate (9g dietary fiber; 4g sugar, including 0g added sugars); 14g protein. Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 15% Daily Value.

Cost
Per serving: $1.85

Adapted from: www.eatingwell.com