



Black Bean Zucchini Tacos with Cilantro Avocado Slaw

Skip the sour cream and go dairy-free with this protein-rich Black Bean and Zucchini Taco recipe. Made with a light and creamy cilantro and avocado slaw, you'll get all the rich flavor of traditional tacos without the saturated fat and dairy.

SERVINGS

4 of Servings

INGREDIENTS

2 green onions, chopped

¼ tsp ground coriander

½ tsp ground cumin

1 tsp ancho chili powder

sea salt & black pepper

2 zucchini, chopped

½ tsp oregano

3 tbsp lime juice

¼ cup cilantro, chopped

14 oz canned black beans, drained and rinsed

1 tsp salt

2 cups shredded coleslaw mix

1 avocado

1 tbsp olive oil

½ tsp paprika

8 corn tortillas

DIRECTIONS

1. Toss the zucchini with the chili powder, salt, paprika, oregano, and coriander.
 2. Toss together the coleslaw, cilantro, and green onions. Season with salt, pepper, and cumin, Add lime juice and gently massage with your hands to soften the cabbage. Add avocado. Season with salt and pepper.
 3. Heat the olive oil over medium high heat. Add the zucchini in a single layer. Cook for 3-4 minutes until beginning to char. Flip and cook on the other side. Remove and set aside. Add the black beans and cook 2-3 minutes until warm.
 4. Heat the tortillas on the grill or stove top. Stuff with zucchini, black beans, and cilantro avocado slaw.
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