



# Summer Squash Tacos

Prep Time: 10 min Cook Time: 15 min Serves: 6

## Ingredients:

- 1 small onion
- 2 garlic cloves
- 3 medium tomatoes
- 3 small yellow squash or zucchini
- ¼ cup cilantro chopped
- 2 Tbsp olive oil
- 1 (15 oz) can white beans, un-salted
- ½ tsp chili powder
- ¼ tsp cumin
- 1/8 tsp of salt
- corn or whole wheat tortillas

## Instructions:

1. Finely chop the onion.
2. Mince garlic.
3. Dice tomatoes and squash into small chunks about 1/4 inch.
4. Chop cilantro.
5. Heat olive oil in a large skillet over medium heat and add chopped onion. Cook until tender, about 5 minutes.
6. Add minced garlic and cook about 30 seconds.
7. Add tomatoes and squash and cook until squash is tender but not mushy; about 8 minutes.
8. Drain beans and add to the vegetables, add chili powder, cumin and salt, cook for 2 more minutes.
9. Taste and adjust seasoning as needed.
10. Serve with warm corn or whole wheat tortillas.



Try adding fresh herbs on top of your taco like cilantro, parsley, basil or mint!