

Mushroom Street Tacos with Cilantro Cream Sauce

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12 Serving Size: 2 tacos

| Ingredients | Quantity | Measure |
|---|----------|---------|
| Portobello Caps, large, cleaned and diced | 4 | cup |
| Tamari Sauce | 2 | tbsp. |
| Olive Oil | 1 | tbsp. |
| Green Bell Pepper, diced | 1 | cup |
| Red onion, small diced | ½ | cup |
| Corn, fresh, canned or frozen | ¼ | cup |
| Corn Tortilla Shells, 4 inch | 12 | each |
| Fresh Cilantro, coarsely chopped | ½ | bunch |
| Pico de Gallo | 1 | cup |
| Cilantro Cream | | |
| Raw Cashews | 1 | cup |
| Water (divided) | 2.5 | cup |
| Cilantro stems and leaves | ½ | bunch |
| Salt | 1 | tbsp. |

Preparation

1. Clean and dice the portabella mushroom caps, place in a zip lock sandwich bag. Massage tamari into mushroom and let marinate for at least one hour.
2. Dice green pepper and onion.
3. Add oil to a sauce pan and heat over medium heat. When the oil is hot add the mushrooms with tamari sauce. Heat and stir for about 5 minutes.
4. Add bell peppers, onion, and corn and cook for 5 more minutes; remove from heat.
5. After the mushroom, pepper, onion, corn mix is cooked, turn off heat and set aside.
6. Heat a large skillet over a high flame and heat the tortillas about 20 seconds on each side.
7. Assemble tacos with 2 tablespoons of mushroom mixture, then top with cilantro sauce.
8. Top taco with pico de gallo, if desired.

Cilantro Cream Sauce

1. Place cashews in a container and cover with 1 ½ cups of water (make sure all cashews are covered with water).
2. Cover and refrigerate for at least four hours in refrigerator.
3. Remove from refrigerator. Drain and reserve liquid. Add cashews, 1 cup of reserved liquid, cilantro, and salt. Process until smooth.
4. Refrigerate until ready to use.



Mushroom Street Tacos with Cilantro Cream Sauce Continued

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Serving Suggestion

Prepare Each Taco

- Corn Tortilla
- tbsp. Mushroom Filling
- ½ tsp Cilantro Cream Sauce
- 1 tsp. Pico De Gallo

Nutrition Information *From USDA Nutrient Database

Calories: 108 Total Fat: 6 g Saturated Fat: 1 g Carbohydrate: 11 g Protein: 3 g Sodium: 173 mg
Vitamin A: 0% Vitamin C: 17% Calcium: 2% Iron: 5%

