

Summer  
RECIPE

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## Southwestern Veggie Tacos



### Ingredients:

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|--|---|
| 1 tablespoon <b>butter</b> or <b>vegetable oil</b> | 4 medium <b>tomatoes</b> , seeded and chopped |
| 1 <b>red onion</b> , chopped                       | 1 cup <b>corn</b>                             |
| 1 cup diced <b>yellow squash</b>                   | 1 cup pinto or black <b>beans</b>             |
| 1 cup diced <b>green zucchini</b>                  | 8 whole-wheat or corn <b>tortillas</b>        |
| 3 large <b>garlic</b> cloves, minced               | <i>Optional: salsa, sour cream, cheese</i>    |

### Directions:

In a large saucepan, heat butter or vegetable oil over medium heat. Add the onion, and cook until soft. Add the squash and zucchini, and continue to cook until tender. Stir in garlic, tomatoes, corn, and beans. Cook until vegetables are tender-crisp (*about 5 minutes*). Heat tortillas. Scoop an equal amount of the vegetable mixture onto each tortilla. Top with the optional ingredients of your choice.

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