

Black Bean Tacos with Rainbow Slaw

By: Dartmouth-Hitchcock's Culinary Medicine Program

Servings: 6

Prep Time: 20 min

Cooking time: 10 minutes

Ingredients

Rainbow Slaw:

- 1 red pepper, thinly sliced
- 1 small cucumber, thinly sliced
- 2 carrots, thinly sliced
- ½ small head of red cabbage, thinly sliced
- ½ small head of green cabbage, thinly sliced
- ¼ cup chopped cilantro

Vinaigrette:

- ¼ cup olive or canola oil
- ¼ cup lime juice
- 2 tbsp. honey or maple syrup
- Salt and pepper

Chipotle Yogurt Sauce:

- Plain low fat Greek yogurt (7 oz)
- Chipotle peppers in adobo sauce (or chipotle or other chili powder)
- Salt and pepper to taste

Black Beans

- 1 can rinsed/drained black beans
- 1 onion
- 1 cup corn (fresh or frozen)
- 1 chipotle pepper in adobo sauce (or chipotle or other chili powder)
- Salt and pepper to taste

Instructions

1. **Slaw:** Slice / julienne cabbage, red pepper, cucumber and carrot. Toss with lime vinaigrette, salt and pepper to taste. Let stand 15-20 minutes while preparing other ingredients. (A mandolin, food processor or grater can be help. Pre-packaged slaw is a quick option.)
2. **Vinaigrette:** Add lime juice and honey or syrup to a small bowl. Whisk in oil. Season with salt and pepper.
3. **Chipotle-yogurt sauce:** Mix yogurt with 1 diced chipotle pepper in adobo sauce (or ¼ tsp chili powder), a pinch of salt and pepper.
4. **Beans:** Sauté chopped onion in olive oil until soft. Add beans, corn and seasoning and heat.
5. **Tortillas:** Warm tortillas briefly in oven or microwave and wrap to keep warm (or sauté briefly in a little canola oil to brown).
6. **Assemble:** Add beans, slaw, sauce to a warm tortilla, and enjoy!

Nutrition (per serving)

Calories 85.8, Total Fat 0.6 g, Cholesterol 0.0 mg, Sodium 53.8 mg, Total Carbs 16.4 g, Dietary Fiber 4.6 g, Protein 4.9 g

**NOTE: Nutrition Information does not account for taco shell)