

LUNCH OR DINNER — MAIN DISH

Super Fresh Tacos

Makes 7 servings · about 2 cabbage tacos each

SATIETY SCORE 4 / 5	NUTRITION HIGH
Per serving (approx.): Protein 7 g · Fiber 8 g · Calories 160	

Ingredients

- 2 sweet potatoes
- 2 cans (15 oz each) black beans
- 1 large onion
- 2 Tbsp avocado or olive oil
- 2 Tbsp Southwest Chipotle spice blend or taco seasoning
- 1 head red cabbage

Directions

1. Dice the sweet potatoes into ¼-inch cubes; toss with about 1 Tbsp oil and 1 Tbsp spice blend. Roast at 400°F for 12–15 minutes, until tender.
2. Drain and rinse the black beans.
3. Sauté the diced onion in about 1 Tbsp oil until it starts to caramelize.
4. Add the beans and roasted sweet potatoes plus 1 more Tbsp spice blend; heat through.
5. Pull cabbage leaves off the head to use as shells; fill and add toppings.

Note: Recommended toppings: leafy greens, diced tomato, cilantro, cucumber, salsa, olives, jalapeños, plain Greek yogurt, guacamole, or shredded cheese.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Super Fresh Tacos

Makes 7 servings · about 2 cabbage tacos each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 2 sweet potatoes
- ☐ 1 large onion
- ☐ 1 head red cabbage

PANTRY & DRY GOODS

- ☐ cooked 2 cans (15 oz each) black beans
- ☐ Southwest Chipotle spice blend or taco seasoning (if not on hand)

CHECK YOUR PANTRY

- ☐ Avocado or olive oil

Note: *Add any toppings you'd like — leafy greens, tomato, cilantro, salsa, avocado, plain Greek yogurt, or cheese.*