

FIXATE RECIPES

ROAST VEGGIE TACOS

Serves: 4 (2 tacos each)



Total Time: 35 min.

Prep Time: 13 min.

Cooking Time: 22 min.

1 Tbsp.	olive oil	1 cup / 115 g	sliced onion
1 tsp.	chili powder	1 cup / 150 g	sliced poblano chiles, seeded
½ tsp.	garlic powder	8 (6-inch / 15-cm)	corn tortillas
½ tsp.	ground cumin	1 cup / 200 g	chopped avocado
¼ tsp.	sea salt (or Himalayan salt)		(approx. 1 medium avocado)
1 cup / 140 g	½-inch / 1½-cm cubed	½ cup / 75 g	chopped tomato, seeded
	butternut squash, peeled	¼ cup / 4 g	torn cilantro leaves (coriander leaves)
	(approx. 1 lb. squash)	4	lime wedges
1 cup / 90 g	quartered brussels sprouts		

SPECIAL EQUIPMENT: Parchment paper

1. Preheat oven to 425° F (220 °C).
2. Line a large baking sheet with parchment paper; set aside.
3. Add oil, chili powder, garlic powder, cumin, and salt to a large mixing bowl; whisk to combine. Add squash, brussels sprouts, onion, and chiles; toss to coat.
4. Spread squash mixture on prepared sheet; bake, stirring halfway through, for 20 to 22 minutes, or until tender-crisp.
5. Heat a medium skillet over medium heat.
6. Add tortillas; cook for 1 minute. Flip; cook for 1 additional minute, or until warm.
7. Place 2 tortillas on each of 4 plates; add approximately ¼ cup (35 g) squash mixture, 2 Tbsp. avocado, 1 Tbsp. tomato, and 1½ tsp. cilantro to each tortilla. Garnish each plate with a lime wedge. Serve warm.

RECIPE NOTES:

- Both the **Roasted Tomatillo Salsa** and the **Salsa Roja** (see separate recipes for **Roasted Tomatillo Salsa** and **Salsa Roja**, respectively) are great on these tacos. Try one, or both, for some extra flair.
- It's important to cut the squash into small cubes so that it will be done at the same time as the other vegetables.

Nutritional Information (per serving):

Calories:	225	Cholesterol:	0 mg	Fiber:	9 g
Total Fat:	13 g	Sodium:	192 mg	Sugars:	5 g
Saturated Fat:	2 g	Carbohydrates:	39 g	Protein:	7 g

PORTION FIX Container Equivalents (per serving)
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Vegan Container Equivalents (per serving)
 1 1 1 1

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.