



AUG 3, 2016

FOOD & RECIPES

Grilled Asparagus and Shiitake Tacos

By The Good Housekeeping Test Kitchen



Mike Garten

For a fresh spin on Mexican, try these stellar vegetarian tacos.

TOTAL TIME: 0:20

PREP: 0:15

LEVEL: Easy

SERVES: 4

Ingredients

3 tbsp. canola oil

4 garlic cloves, crushed with press

1 tsp. ground chipotle chile

1/2 tsp. Kosher salt

8 oz. shiitake mushrooms, stems discarded

1 bunch green onions, trimmed

8 corn tortillas, warmed

1 c. homemade or prepared guacamole

Lime wedges

cilantro sprigs

Hot sauce, for serving

Directions

- 1 Heat grill on medium. In a large baking dish, combine oil, garlic, chipotle, and salt. Add asparagus, shiitakes, and green onions; toss to coat. Grill asparagus until tender and lightly charred, turning occasionally; 5 to 6 minutes. Grill shiitakes and green onions until lightly charred, turning occasionally; 4 to 5 minutes. Transfer vegetables to cutting board.
- 2 Cut asparagus and green onions into 2" lengths and slice shiitakes. Serve with corn tortillas, guacamole, lime wedges, cilantro, and hot sauce.

Nutritional Information (per serving): Calories about 350; Protein 7g; Carbohydrate 36g; Total Fat 21g; Saturated Fat 2g; Dietary Fiber 11g; Sodium 445mg

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