

# Mushroom & Walnut Tacos

*This meatless taco is full of flavor and texture. This savory dish is a good source of fiber, heart healthy fats, and plant-based protein.*

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	15 MIN	45 MIN

## INGREDIENTS

*For the Pico de Gallo:*

1 each	Tomatoes, small dice
½ each	Red Onion, small dice
1 each	Jalapeno, minced
½ each	Lime, juiced
½ bunch	Cilantro, fresh, minced
⅛ tsp	Kosher Salt

*For the Guacamole:*

1 each	Avocado, smashed
¼ small	Red Onion, small dice
½ each	Lime, juiced
¼ bunch	Cilantro, fresh, minced
⅛ tsp	Kosher Salt

*For the Tacos:*

2 tsp	Olive Oil
8 ounces	Oyster Mushrooms, chopped
1 cup	Walnuts, chopped
¼ tsp	Kosher Salt
1 Tbsp	Chili Powder
1 Tbsp	Garlic Powder
1 Tbsp	Cumin, ground
1 Tbsp	Smoked Paprika, ground
8 each	Corn Tortillas

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium bowl, mix together the tomatoes, onions, jalapeno, lime, cilantro and salt. Set aside.
3. In a small bowl, mix together the avocado, onion, lime, cilantro and salt. Set Aside.



## CHEF'S NOTES

Corn tortillas are a favorite at GCCM because they are a whole grain and last forever in the refrigerator! They need to be heated just before eating which can be done a few different ways:

- Place the tortilla directly over the burner of a gas stove, over low-medium heat, using tongs to flip until just charred on the edges
- Heat a nonstick pan over high heat and heat until soft and pliable
- Wrap in foil and heat in the oven (375°) for about 5-7minutes
- Wrap in a paper towel and microwave 30 second intervals

4. In a separate medium bowl, add chopped the mushrooms, walnuts, seasonings and mix well.
5. Heat a medium sauté pan over medium heat. Once hot, add the olive oil and swirl to coat. Add the mushroom walnut mixture and sauté for 10-12 minutes, stirring occasionally.
6. Heat the tortillas (see chef's note). Fill each tortilla with ¼ cup taco filling, ¼ cup pico de gallo, and 1 Tbsp guacamole. Enjoy!

Nutrition Facts	
8 servings per container	
<b>Serving Size</b>	<b>1 taco (128 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value *	
<b>Total Fat 12g</b>	<b>16%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 27g</b>	<b>10%</b>
Dietary Fiber 6g	<b>20%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 6g</b>	<b>11%</b>
Vitamin D 0.21mcg	0%
Calcium 20mg	0%
Iron 0.98mg	5%
Potassium 300mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

