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.

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<th>YIELD</th>
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<td>8 SERVINGS</td>
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**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

**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 5-7 minutes
- Wrap in a paper towel and microwave 30 second intervals

**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.
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!