

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 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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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 5-7minutes
- 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!

Nutrition Facts	
8 servings per container	
Serving Size	1 taco (128 g)
Amount per serving	
Calories	230
% Daily Value *	
Total Fat 12g	16%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	20%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	11%
Vitamin D 0.21mcg	0%
Calcium 20mg	0%
Iron 0.98mg	5%
Potassium 300mg	6%
<small>*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.</small>	

