Prep time: 20 minutes  
Cook time: 5 minutes  
Serves: 6  
Cost per Serving: $1.25

Utensils Needed:  
Large non-stick skillet  
Measuring cups  
Measuring spoons  
Cutting board  
Stirring spoon  
Knife

Fiesta Garden Tacos

Ingredients:
1 Tablespoon canola oil, divided  
2 cups frozen corn kernels  
1 cup red onion, chopped  
4 Roma tomatoes, seeded and chopped  
2 teaspoons fresh garlic, minced  
3 medium zucchini, chopped  
1 cup black beans, drained & rinsed  
1 1/2 cup Monterey Jack Cheese, grated  
12 corn tortillas

Directions:
1. In a skillet, sauté corn kernels in 1/2 Tablespoon oil. Remove and set aside.
2. In same skillet, add remaining oil, red onion, tomatoes, garlic, and zucchini. Cook 1 minute.
3. Add beans and heat through. Stir in corn.
4. Divide mixture among 12 corn tortillas.
5. Top each with 1 Tablespoon cheese. Roll up.

Serve with: Mixed Green Salad, sliced avocados

NUTRITION FACTS

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<tr>
<th>SERVING SIZE</th>
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<tr>
<td>CALORIES</td>
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<tr>
<td>TOTAL FAT</td>
<td>13 g</td>
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<tr>
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