



VEGGIE TACO BACKGROUND

Recipe Background: This recipe is a fun twist on traditional Mexican Tacos. Instead of using corn tortillas shells for this finger food, this recipe uses crispy grilled eggplant slices! This recipe is a supercharged way to increase amount of veggies in your meal without feeling ‘cheated’ in flavor or satisfaction. Tempeh is a fermented grain and bean mixture that crumbles nicely is a yummy substitute for ground meat. This recipe uses traditional flavorings and serving ideas with non-traditional ingredients.

Be sure to cook the ‘taco’ shells (eggplant slices) right on the grill (or grill pan* at home). The smoky flavor that results is irresistible. Buy your greens mix (we love zesty and feathery baby mustard greens best) at your local farmers market.

**We love very affordable grill pan from [Circulon](#) for this job!*

Nutrition: The tempeh gives you protein, healthy plant fats, fiber and calcium—what a super food! The avocados are full of healthy fat that makes you feel full and give you long-lasting energy. There are many vitamins and minerals in the other herbs, veggies and eggplant too. Notice how many colors are in this meal? That means it contains lots of unique plant chemicals that help support your immune system. The combination of tempeh and avocado with all those veggies makes this a hearty and satisfying meal that packs a spicy punch!

Popular Mexican Food

- Fruits/veggies: tomatoes, squash, avocado, coconut, pineapple, papaya, cactus, sweet potato
- Spices: cinnamon, clove, anise, cumin
- Herbs: Cilantro, thyme, marjoram, epazote
- “Holy Trinity” combination in many recipes: Corn, beans, chilis
- **Tortillas:** eaten as bread, used as utensil, or filled to make quesadillas, tacos, burritos and enchiladas

Did You Know?

- The tangy lime keeps the avocado in the guacamole from turning brown

Mexican Food History

- Corn has been a staple for over 4,000 years
- Is a mixture, or *mestizaje*, of native Aztec, Mayan, Zapotec and Spanish cuisines
- Farm animals, sugar, and cheese came with conquistadors in the late 1400s

MORTER AND PESTLE: a bowl and hand tool used to grind or mash foods

MAIZE: corn

EPAZOTE: a strong herb





VEGGIE TACOS RECIPE

Prep Time: 20 minutes **Cook Time:** 15 minutes **Makes:** 6 servings
Recipe by Lynn Fredericks, FamilyCook Productions

Cultural Background:

Where in the World? Mexico, North America

Staple Foods: Corn

Did You Know? Mexican dishes combine ancient Mexican foods and additions from the conquistadors.

Nutrition: This Dish Is Rich In...

Carbs: tempeh

Protein: tempeh

Fat: oil, avocado

Vitamins and Minerals: all! (fruits and veggies, also have fiber!)

Ingredients:

2 medium	Eggplants
2	ripe Avocados
4 tablespoons	Olive Oil, divided
1 large	Onion
2 large cloves	Garlic
1 pound	Tempeh
2 tablespoons	Ancho Chile Powder
1 tablespoons	Chipotle Chili Powder
15 oz can	Whole Tomatoes
	Sea Salt to taste
	Freshly Ground Pepper to taste
1 bunch	Cilantro
1 quart	Mesclun greens or baby mustard greens

Directions:

1. **WASH** all the produce.
2. **SLICE** the eggplants thinly into at least 12 slices.
3. **BRUSH** the eggplant with thin layer of olive oil and **SALT** lightly.
4. **CHOP** the onion.
5. **MINCE** the garlic.
6. **HEAT** a large skillet, and **ADD** 3 tablespoons of olive oil.



TEEN BATTLE CHEF

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7. **ADD** the onion and garlic. **COOK** over low heat until translucent (about 7 minutes).
8. **CRUMBLE** the tempeh and **ADD** to the cooked onion mixture. **COOK** for 2 minutes, mixing well.
9. **ADD** the chili powders to the tempeh.
10. **OPEN** the can of tomatoes, carefully discarding the sharp lid.
11. **SQUEEZE** each tomato to crush it and **ADD** it to the mixture with its juice.
12. **MIX** well and **SEASON** with salt and pepper to taste. **COOK** 5 minutes more.
13. While the tempeh is cooking, **SET** oven to low broil and **BROIL** eggplant slices until browned (or **COOK** on grill pan or outdoor grill until softened).
14. **REMOVE** all the cilantro leaves from the stems and **DISCARD** the stems. **CHOP** the leaves until you have about ½ cup. **ADD** cilantro to tempeh and **REMOVE** from the heat.
15. **SLICE** each avocado into 12 slices.
16. To serve, **PLACE** 2 broiled eggplant slices on each plate. **SPOON** some tempeh, a slice of avocado, and a few pieces of greens onto each taco.





VEGGIE TACO INGREDIENT & EQUIPMENT CHECKLIST

PERISHABLE INGREDIENTS

- 2 Eggplants
- 2 Avocados
- 1 Onions
- 2 cloves Garlic
- 1 pounds Tempeh
- 1 bunch Cilantro
- ½ lb Mesclun greens or other Greens

NON-PERISHABLE INGREDIENTS

- 4 tablespoons Olive Oil
- 15 oz Canned Tomatoes
- 1 container Sea Salt
- 1 container Pepper
- 1 container Ancho Chili Powder
- 1 container Chipotle Chili Powder

COMMON EQUIPMENT

- Chef's Knife
- Cutting Boards
- Measuring Spoons & Measuring Cups
- Wooden Spoon
- 10 *mise en place* bowls
- Colander

SPECIAL EQUIPMENT

- Grill, Broiler or Grill Pan
- Sheet pan
- 2 large skillets
- Tongs

DISPOSABLE SUPPLIES

- Tasting Spoons
- Napkins

SUPPLIES

- Forks
- Plates

