



Three Sisters Succotash Tacos

(recipe derived from *The Flying Carrot*)

Ingredients:

Makes 4 servings

- 1 ½ cups green beans
- 1 cup pinto beans
- 2 ears of corn
- 1 cup thinly sliced summer squash
- 4 garlic cloves, minced
- 1 leek or onion
- 4 Tbsp. olive oil
- 1 package of cotija cheese (typically found in latin foods aisle) *optional
- Cilantro or parsley
- Salt and pepper to taste
- Small corn tortillas



Directions:

1. Thinly slice leek or onion and sauté with minced garlic and olive oil until translucent.
2. Take ear of corn and remove kernels by standing it up vertically. Use a good knife and cut length wise.
3. Drain and rinse pinto beans.
4. Add corn kernels, beans, all other chopped vegetables, salt and pepper to pan and sauté for 5-10 minutes or until tender.
5. Remove from heat. On a plate, top corn tortillas with succotash mixture, garnish with cilantro or parsley, and cotija cheese. *for vegan recipe, skip cheese

Interested in learning more about nutrition and health? Call the Wellness Center at (719) 255-4444 and schedule an appointment with one of our dietitians, Alyssa Shrader or Merri Metcalfe.