



TACO RECIPES

For Cinco de Mayo or any Taco Tuesday

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SLOW COOKER CHICKEN TACOS

Prep Time: 20 minutes

Cook Time: 3 hours

Serves: 4 (2 tacos each)



Ingredients

- 1 cup low-sodium organic chicken broth
- 4 cloves garlic, finely chopped
- 2 medium jalapeño peppers, seeded and deveined, chopped (optional)
- 2 Tbsp. chili powder
- 2 Tbsp. ground cumin
- 2 tsp. ground smoked paprika
- ½ tsp. sea salt (or Himalayan salt)
- 2 bay leaves
- 1 lb. raw chicken breast, boneless, skinless
- 8 (6-inch) corn tortillas, warm
- 1 cup pico de gallo (or fresh tomato salsa)
- 1 medium ripe avocado, sliced
- 1 medium lime, cut into 4 wedges
- ¼ cup finely chopped fresh cilantro

Method

Place chicken broth, garlic, jalapeños (if desired), chili powder, cumin, paprika, salt, bay leaves, and chicken in a 3-quart slow cooker; mix well and cover. Cook on high for 2½ to 3 hours (or on low for 4 to 5 hours), or until chicken is tender.

Transfer chicken to a cutting board and shred with 2 forks.

Evenly divide chicken between 8 tortillas. Top evenly with pico de gallo, avocado, lime juice, and cilantro; serve immediately.

CAULIFLOWER TACOS

Ingredients

- 3 cups riced cauliflower
- 2 tsp. chili powder
- $\frac{3}{4}$ tsp. ground cumin
- $\frac{1}{2}$ tsp. onion powder
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. ground smoked paprika
- $\frac{1}{2}$ tsp. ground coriander
- $\frac{1}{2}$ tsp. sea salt (or Himalayan salt)
- $\frac{1}{2}$ tsp. ground black pepper
- 1 Tbsp. olive oil

Method

Combine cauliflower, chili powder, cumin, onion powder, garlic powder, paprika, coriander, salt, and pepper in a large mixing bowl; mix until thoroughly combined. Set aside.

Heat oil in large skillet over medium-high heat until fragrant. Add cauliflower mixture, making sure not to fill the skillet too full as this will impede browning. If your skillet is not large enough, work in batches; cook, stirring frequently, for 5 to 7 minutes, or until cauliflower is lightly browned and cooked through.

Prep Time: 10 minutes

Cook Time: 7 minutes

Serves: 3 (approx. 2/3 cup each)





CRUNCHY SPICY SHREDDED PORK TACOS WITH PINEAPPLE SALSA

Ingredients

- 1 lb. raw pork loin, , boneless, visible fat removed, cut into 4 large pieces
- 1 (7-oz.) can sliced jalapeños (optional)
- 1½ cups tomatillo salsa (or salsa verde)
- ½ cup fresh pineapple, finely cubed
- 2 medium shallots, finely chopped
- 2 Tbsp. fresh lime juice
- ¼ tsp. ground cumin
- 8 corn tortillas (or 6-inch whole wheat tortillas), warm
- ½ cup radishes, thinly sliced

Method

Place pork loin, jalapeños, and tomatillo salsa in a slow cooker. Cook on high for 3 to 4 hours, or until pork is no longer pink and shreds easily.

Remove pork from liquid. Cool for 20 minutes. Shred pork, discarding any visible fat.

Combine pineapple, shallots, lime juice, and cumin; mix well. Set aside.

Top each tortilla evenly with pork, salsa, and radishes.

Prep Time: 10 minutes

Cook Time: 4 hours

Serves: 4 (2 tacos each)

CHAFFLE TACOS

Ingredients

- ½ cup water
- ½ cup rice vinegar
- 1 Tbsp. coconut sugar
- 2 tsp. sea salt (or Himalayan salt)
- 1 cup thinly sliced radishes
- ½ small jalapeño, seeds removed, thinly sliced
- 8 oz. raw (93% lean) ground turkey
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- 2 large eggs
- ½ cup grated carrots (approx. 1 medium)
- ½ cup reduced-fat shredded cheddar cheese
- 2 cups shredded romaine lettuce
- 1 cup pico de gallo (or fresh salsa)



Prep Time: 16 minutes

Cook Time: 4 minutes

Serves: 2 (1 taco each)

Method

Add water, vinegar, sugar, and salt to a medium mixing bowl; whisk to combine. Add radishes and jalapeño; stir to combine. Let marinate for 20 minutes; drain. Set aside.

While vegetables marinate, heat a medium nonstick skillet over medium-high heat; lightly coat with spray.

Add turkey, garlic powder, and onion powder; cook, breaking up with a wooden spoon, for 3 to 4 minutes, or until no longer pink. Set aside.

Add eggs to a small mixing bowl; lightly beat. Add carrots and cheese; stir to combine.

Preheat a waffle iron; pour approximately ½ of egg mixture into waffle iron. Close; cook for 3 to 4 minutes, or until steam stops emitting from waffle iron. Repeat with remaining egg mixture, making 2 chaffles.

Place 1 chaffle on each of two plates; divide turkey mixture evenly among chaffles. Top each with lettuce, pico de gallo, and radish-jalapeño mixture. There will be extra vegetables; mix and enjoy as a side salad.

TURKEY TACO LETTUCE WRAPS

Ingredients

- 1½ tsp. olive oil
- ⅓ cup finely chopped onion (approx. ½ medium)
- ⅓ cup finely chopped green bell pepper (approx. ½ medium)
- 1½ lbs. raw 93% lean ground turkey breast
- 1 tsp. garlic powder
- 1 tsp. ground cumin
- ½ tsp. sea salt (or Himalayan salt)
- 1 tsp. chili powder
- 1 tsp. ground paprika
- ½ tsp. dried oregano
- ¾ cup water
- ¼ cup reduced sugar marinara
- 6 large lettuce leaves, washed, dried
- ¾ cup chopped tomato (approx. 1 medium)
- 6 Tbsp. chopped fresh cilantro

Prep Time: 20 minutes

Cook Time: 26 minutes

Serves: 6 (1 wrap each)

Method

Heat oil in large nonstick skillet over medium heat. Add onion and bell pepper; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.

Add turkey; cook, stirring frequently, for 5 to 6 minutes, or until turkey is no longer pink.

Add garlic powder, cumin, salt, chili powder, paprika, and oregano; mix well.

Add water and marinara sauce. Reduce heat to low; cook, covered, for 10 to 12 minutes.

Evenly top each lettuce leaf with turkey mixture (approx. ¾ cup), 2 Tbsp. tomato, and 1 Tbsp. cilantro. Serve immediately





CHICKEN TINGA TACOS

Ingredients

- 1 cup low-sodium organic chicken broth
- 1 tsp. unflavored gelatin
- 1 Tbsp. olive oil
- $\frac{3}{4}$ cup chopped onion (approx. 1 medium)
- 4 cloves garlic, finely chopped
- 1 cup all-natural tomato puree
- 1 Tbsp. chili powder
- 1 tsp. dried oregano leaves
- 2 bay leaves
- 2 canned chipotle chili peppers in adobo sauce, finely chopped
- 1 Tbsp. adobo sauce (sauce from the canned chipotle chili peppers in adobo sauce)
- 1 Tbsp. fresh lime juice
- 1 tsp. lime zest
- 3 cups shredded cooked chicken breast
- $\frac{1}{4}$ tsp. sea salt (or Himalayan salt)
- $\frac{1}{4}$ tsp. ground black pepper
- 8 (6-inch) corn tortillas

Prep Time: 15 minutes

Cook Time: 27 minutes

Serves: 4 (2 tacos each)

Method

Sprinkle broth with gelatin in a small bowl. Set aside.

Heat oil in medium nonstick skillet over medium high heat until fragrant.

Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.

Add garlic; cook, stirring frequently, for 1 minute.

Add broth mixture, tomato puree, chili powder, oregano, bay leaves, chipotle chili peppers, adobo sauce, lime juice, lime zest, chicken, salt, and pepper. Bring to a boil.

Reduce heat to low; gently boil, stirring occasionally, for 15 minutes, or until sauce is reduced by half.

Remove bay leaves. Divide $\frac{3}{4}$ cup chicken mixture between two tortillas for each serving.

CRISPY FISH TACO BOWLS

Ingredients

- 1 lb. raw cod, skinless, boneless, cut into 4 equal pieces
- 1 tsp. Old Bay Seasoning®
- ¼ tsp. sea salt (or Himalayan salt)
- 1 cup gluten-free panko bread crumbs
- 2 large eggs
- 2 Tbsp. unsweetened coconut milk beverage
- ½ cup all-purpose flour
- ¾ cup shredded cabbage (approx. 1/8 medium head)
- ½ cup Roasted Tomatillo Salsa
- ½ cup chopped red onion
- ½ cup reduced-fat (2%) sour cream
- ¼ cup chopped green onion

Prep Time: 13 minutes

Cook Time: 17 minutes

Serves: 4 (1 bowl each)



Method

Preheat oven to 350° F.

Lightly coat a baking sheet with spray; set aside.

Sprinkle cod with seasoning and salt; set aside.

Heat a medium nonstick skillet over medium-high heat.

Add bread crumbs; cook, stirring continuously, for 5 minutes, or until golden brown. Transfer to a heatproof plate; set aside to cool.

Place eggs and coconut milk in a medium bowl; whisk to combine. Set aside.

Add flour to a large plate; spread out evenly. Dredge each piece of fish in flour, dip in egg mixture, then roll in bread crumbs to coat.

Place fish on prepared baking sheet, spacing evenly. Bake for 10 to 12 minutes, or until cooked through.

To each of 4 bowls add 1 piece of fish, 3 Tbsp. cabbage, 2 Tbsp. tomatillo salsa, 2 Tbsp. red onion, 2 Tbsp. sour cream, and 1 Tbsp. green onion.



MEXI-CAL TACOS

Ingredients

- 2 Tbsp. nonfat plain yogurt
- 3 Tbsp. fresh lime juice, divided use
- 2 Tbsp. cilantro, finely chopped, divided use
- 1 medium tomato, chopped
- 1 medium onion, chopped, divided use
- 1 medium jalapeño, seeds removed, chopped (optional)
- 2 Tbsp. olive oil
- 1 cup assorted vegetables (like sliced mushrooms, spinach, or marinated cactus)
- 1 (14-oz.) package firm tofu, crumbled
- 3 cloves garlic, crushed
- 1 tsp. chili powder
- 4 (6-inch) whole-wheat tortillas, warm
- 1 cup shredded romaine lettuce
- Fresh cilantro leaves (for garnish; optional)
- 4 lime wedges (for garnish; optional)

Prep Time: 10 minutes

Cook Time: 15 minutes

Serves: 4

Method

Combine yogurt, 2 Tbsp. lime juice, and 1 Tbsp. cilantro in a small bowl; mix well. Set aside.

Combine tomato, $\frac{1}{4}$ onion, jalapeño (if desired), and remaining 1 Tbsp. cilantro in a small bowl; mix well. Set aside.

Heat oil in large nonstick skillet over medium-high heat.

Add remaining $\frac{3}{4}$ onion; cook, stirring frequently, for 3 to 4 minutes, or until translucent.

Add vegetables; cook, stirring frequently, for 4 to 5 minutes or until crisp.

Add tofu, garlic, and chili powder; cook, stirring frequently, for 3 to 4 minutes, or until tofu is lightly browned and vegetables are tender-crisp.

Add remaining 1 Tbsp. lime juice; reduce heat to medium-low and bring to a gentle boil. Remove from heat.

Top tortillas evenly with lettuce and tofu mixture.

Drizzle with yogurt sauce; garnish with cilantro leaves and lime wedge. Serve with tomato salsa.

SHRIMP TACOS

Ingredients

- 1½ tsp. olive oil
- 2 cloves garlic, crushed
- ¾ tsp. ground cumin, divided use
- ½ tsp. ground chili powder
- 1 lb. raw medium shrimp, cleaned, deveined
- ¼ cup nonfat plain Greek yogurt
- 1 tsp. lime peel, finely chopped
- 2 Tbsp. fresh lime juice
- 2 Tbsp. cilantro, chopped
- 8 corn tortillas (or 6-inch whole-wheat tortillas), warm
- 1 cup red and green cabbage, shredded
- 1 medium tomato, chopped
- 1 medium avocado, sliced
- Fresh cilantro sprigs (for garnish; optional)
- Fresh lime wedges (for garnish; optional)

Prep Time: 15 minutes

Cook Time: 3 minutes

Serves: 4 (2 tacos each)



Method

Combine oil, garlic, ½ tsp. cumin, chili powder, and shrimp in a medium bowl; mix well. Set aside.

Combine yogurt, remaining ¼ tsp. cumin, lime peel, lime juice, and cilantro in a small bowl; mix well. Set aside.

Heat medium nonstick skillet over medium-high heat.

Add shrimp mixture; cook, stirring frequently, for 2 to 3 minutes, or until shrimp is firm and opaque.

Top each tortilla evenly with cabbage, tomato, shrimp, and avocado.

Garnish with cilantro and lime if desired; drizzle each taco with a small spoonful of yogurt mixture.

STEAK TACOS WITH RED PEPPERS AND ONIONS

Prep Time: 15 minutes

Cook Time: 13 minutes

Serves: 4 (2 tacos each)

Ingredients

- 1 lb. raw beef flank (or round) steak
- 1 tsp. chili powder
- Sea salt and ground black pepper (to taste; optional)
- 1 tsp. olive oil
- 1 medium red onion, coarsely chopped
- 1 medium red bell pepper, coarsely chopped
- 8 (6-inch) corn tortillas, warm
- 2 Tbsp. fresh lime juice
- 2 Tbsp. fresh cilantro, coarsely chopped

Method

Rub steak with chili powder and salt and pepper (if desired).

Heat oil in large skillet over medium-high heat. Add steak; cook for 6 to 8 minutes on each side, or until it reaches desired degree of doneness. Remove from heat.

Cover steak with aluminum foil; let rest for 5 minutes. Add onion and bell pepper to skillet; cook on medium heat, stirring frequently, for 3 to 5 minutes, or until onion is translucent. Remove from heat.

Cut steak against the grain into thin slices.

Top tortillas evenly with beef, onion mixture, and lime juice; garnish with cilantro.

Serve immediately.





FISH TACOS WITH FRESH MANGO AVOCADO SALSA

Prep Time: 20 minutes

Cook Time: 10 minutes

Serves: 4 (1 taco each)

Ingredients

- ½ medium mango, chopped
- ¼ medium red onion, finely chopped
- ½ medium avocado, chopped
- ½ medium jalapeno pepper, seeds and veins removed, chopped
- 2 Tbsp. fresh cilantro, finely chopped
- ½ tsp. sea salt (or Himalayan salt), divided use
- 1 Tbsp. fresh lime juice
- 1 lb. raw tilapia (or cod, halibut, or mahi mahi), washed, patted dry
- 4 (6-inch) corn tortillas, warm
- 1 cup shredded red cabbage
- 4 lime wedges (for garnish; optional)

Method

Preheat grill or broiler on high.

To make mango avocado salsa, combine mango, onion, avocado, jalapeno, cilantro, ¼ tsp. salt, and lime juice in a medium bowl; toss gently to blend. Set aside.

Season fish with remaining ¼ tsp. salt.

Grill or broil fish for 3 to 5 minutes on each side, or until fish flakes easily when tested with a fork.

Evenly top tortillas with fish, cabbage, and salsa. Serve with lime wedges.

TACO SALAD

Ingredients

- 2 tsp. olive oil
- 1 lb. raw 93% lean ground turkey
- 1 Tbsp. Taco Seasoning Blend (or packaged low-sodium taco seasoning)
- ¼ cup water
- Nonstick cooking spray
- 8 (6-inch) corn tortillas, cut into strips
- ½ medium ripe avocado
- 1 Tbsp. lemon juice
- 1 dash garlic powder
- Sea salt (or Himalayan salt) (to taste; optional)
- 6 cups shredded lettuce
- 4 medium tomatoes, chopped

Prep Time: 15 minutes

Cook Time: 19 minutes

Serves: 4

Method

Heat oil in medium nonstick skillet over medium heat.

Add turkey; cook, stirring frequently, for 5 to 7 minutes, or until no longer pink.

Add taco seasoning and water; cook, stirring frequently, for 5 to 8 minutes, or until most water has evaporated. Remove from heat.

Set aside.

Heat a medium nonstick skillet pan over medium high heat. Lightly coat skillet with spray. Add tortilla strips; cook, stirring constantly, for 3 to 4 minutes, or until crisp and golden brown. Set aside.

Mash avocado in a small bowl with a fork. Add lemon juice, garlic powder, and salt (if desired); mix well.

Divide lettuce evenly between four serving bowls. Top with turkey mixture, tomatoes, avocado mixture, and tortilla strips; serve immediately.



CHIPOTLE VEGAN TACOS



Prep Time: 15 minutes

Cook Time: 3 minutes

Serves: 4 (2 tacos each)

Ingredients

- 2 tsp olive oil, divided use
- 2 Tbsp fresh lime juice
- ½ tsp ground cumin
- ½ tsp chipotle powder (or 2 Tbsp. chopped canned chipotle chiles)
- 2 cloves garlic, finely chopped
- 1 14 oz. package extra-firm tofu, sliced into approximately 2 x 3-inch sticks
- 8 large cabbage (or hearty lettuce) leaves
- ½ medium avocado, mashed or sliced
- ½ cup fresh tomato salsa (pico de gallo)

Method

Combine 1 tsp. oil, lime juice, cumin, chipotle powder, and garlic in a shallow glass baking pan; mix well.

Add tofu; toss gently to blend. Marinate, covered, for 30 minutes. Drain and reserve marinade. Set aside.

Heat remaining 1 tsp. oil in medium skillet over medium-high heat.

Add tofu; cook, for 2 to 3 minutes on each side, or until browned.

Top each cabbage leaf evenly with tofu, avocado, and salsa.



GRILLED FISH TACOS WITH CHIPOTLE CREMA

Ingredients

FOR CABBAGE SLAW:

- ¼ cup rice vinegar, unseasoned
- 1 packet powdered stevia (optional)
- ¼ tsp. sea salt (or Himalayan salt)
- 2 cups thinly sliced red cabbage
- 1 medium green apple, cut into ¼-inch matchsticks
- ¾ cup fresh cilantro, chopped

FOR CHIPOTLE CREMA:

- 1 cup reduced-fat plain Greek yogurt
- 2 canned chipotle peppers in adobo sauce
- 2 cloves garlic, peeled
- ½ fresh lime, juiced
- ¼ tsp. sea salt (or Himalayan salt)

FOR TACOS:

- 12 oz. raw halibut, cut into 6 equal pieces
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground cumin
- ¼ tsp. garlic powder
- 6 jicama wraps (or corn tortillas)

Method

To make cabbage slaw, add vinegar, stevia (if desired), and salt to a large mixing bowl; whisk to combine.

Add cabbage, apple, and cilantro to bowl; toss to combine. Set aside.

To make chipotle crema, add yogurt, chipotle peppers, garlic, lime juice, and salt to a blender or food processor; cover. Pulse until smooth; set aside.

Season halibut with salt, cumin, and garlic powder; set aside.

Heat a large nonstick skillet over medium-high heat; lightly coat with spray.

Add halibut; cook for 3 minutes. Flip; cook an additional 3 minutes.

To make tacos, place 3 jicama wraps each on two plates; top each wrap with one piece of fish. Top evenly with cabbage mixture; drizzle each with approx. 2 Tbsp. chipotle mixture. Serve immediately.

Prep Time: 10 minutes

Cook Time: 8 minutes

Serves: 2 (3 tacos each)