

FRESH REC STOP RECIPE

Black Bean Tacos with Avocado Crema

Ingredients

2 (14.5 oz) black beans, drained and rinsed	1/2 of a medium avocado
1/4 cup of corn	1/2 cup of Greek yogurt
1 cup of salsa	2 tbsp of freshly squeezed lime juice
1 1/2 tsp chili powder	1 cup fresh cilantro
1 tsp ground cumin	2 tsp of garlic powder or 1 clove garlic
Salt and pepper to taste	
Whole wheat tortilla	

Instructions

In a medium saucepan combine black beans, corn, salsa, chili powder, cumin, salt and pepper. Simmer the mixture for 7 minutes, stirring occasionally. In the food processor, pulse the avocado, Greek yogurt, cilantro, lime juice and garlic. When the cilantro is finely minced throughout, the crema is ready. In tortilla, place black bean mixture and top with avocado crema. Place your favorite toppings next, such as lettuce, tomatoes, onion, jalapeños and cheese.

