

BC GREENHOUSE VEGGIE TACOS



INGREDIENTS

1 medium	BC Yellow Bell Pepper, julienned	1 medium
1 medium	BC Red Bell Pepper, julienned	1 medium
1	BC Cucumber, small diced	1
12	BC Crescendo Peppers, sliced	12
1 large	BC Vine Ripened Tomato, small diced	1 large
12	BC Cherry or Grape Tomatoes, assorted colours	12
1	Red Onion	1
1 cup	Black Beans, cooked	200 g
½ cup	Greek Yogurt, plain	100 g
½	Avocado, ripe	½
1	Cilantro, small bunch	1
4 tbsp	Cumin Powder, ground	60 ml
1	Lime, juiced	1
	Salt and Pepper	
2 tbsp	Vegetable Oil	30 ml
1½ cups	Plain White Vinegar	350 ml
1¼ cups	Granulated Sugar	300 ml
1	Bay Leaf	1
2	Peppercorns	2
8	Mini Corn Soft Tortilla Shells	8
to taste	Salt and Pepper	to taste



BC
GREENHOUSE
GROWERS'
ASSOCIATION

DIRECTIONS

1. Sauté julienned bell peppers with vegetable oil until tender, add 1 cup (200 g) of cooked black beans to the pan to heat throughout. Season with 30 ml cumin, and salt and pepper.
2. To build your taco: place the warm bean pepper mixture in the soft tortilla shell first, then avocado crema, finish with salsa, a few pickled crescendo peppers, pickled red onion and a sprig of cilantro. Enjoy.

DIRECTIONS

For Salsa

1. Small dice tomatoes, cucumber, and ½ red onion.
2. Season this mixture with 1 tbsp (15 ml) cumin, chopped fresh cilantro and a pinch of salt and pepper.

For Avocado Crema

1. Using the back of a fork smash ½ an avocado until it is smooth.
2. Mix with Plain Greek Yogurt, season with 1 tbsp (15 ml) cumin, lime juice, and a pinch of salt and pepper.

For Quick Pickled Peppers and Onions

1. In a small saucepan bring sugar, vinegar, peppercorns, and bay leaf to the boil. Let cool.
2. Thinly slice crescendo peppers into mini rounds, pour vinegar mixture over the sliced peppers and refrigerate.
3. Thinly slice the other half of the red onion and pour the rest of the vinegar mixture over them. (They keep for up to two weeks in the refrigerator.)