

Chickpea Avocado Tacos



CHICKPEA AVOCADO TACOS

Prep Time: 15 minutes

Cook Time: 15 minutes

Yields: 5 servings

Serving Size: 1 taco

INGREDIENTS

- 5 Corn tortillas (or whole grain tortilla chips)
- 1/3 Low-fat cheese, queso fresca, cotija, or feta
- 1 tsp Cilantro, washed and chopped (Optional)
- 1 Jalapeños, sliced (Optional)

Taco Filling

- 1 can Chickpeas, drained and rinsed
- 1 Avocado, ripe
- 1/4 tsp Paprika, cumin, pepper (each)
- 1/4 tsp Salt
- 1 tbsp Lemon, squeezed

Cabbage Slaw

- 6 cups Shredded slaw mix (chopped purple & green cabbage, and carrots)
- 1/4 cup Olive oil
- 2-3 tbsp Lemon, squeezed
- 1 tbsp Apple cider or rice vinegar
- 1/4 tsp Pepper, cumin, paprika, garlic, salt (each)
- 1 tbsp Honey (optional)
- 2-3 tbsp Seeds, poppy or pumpkin (optional)

DIRECTIONS

1. Combine all taco filling ingredients and lightly mash and mix until everything is incorporated.
2. Combine and mix cabbage slaw ingredients.
3. Scoop about 1/2 a cup of filling mixture in each tortilla.
4. Top with cabbage slaw, cilantro, queso fresco and jalapeño.



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