

Mushroom Street Tacos with Cilantro Cream Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 2 tacos

Ingredients	Quantity	Measure
Cremini mushrooms	4	cups
Tamari sauce (gluten-free soy sauce)	2	Tablespoons
Olive oil	1	Tablespoon
Green bell pepper, diced	1	cup
Red onion, small diced	½	cup
Corn, fresh, canned or frozen	¼	cup
Corn tortilla shells, 4 inch	24	each
Cilantro, fresh, coarsely chopped	½	cup
Pico de Gallo	1	cup
Cilantro Cream		
Raw cashews	1	cup
Water, divided	2 ½	cups
Cilantro stems and leaves	½	cup
Salt	1	Tablespoon

Preparation

1. Clean and dice the mushrooms and place in a zip lock bag or shallow pan. Add the tamari to the mushrooms and let marinate for at least one hour.
2. Add oil to a saucepan and heat over medium heat. When the oil is hot add the mushrooms with tamari sauce. Cook and stir often for about 5 minutes.
3. Add bell peppers, onion, and corn and cook for 5 more minutes; remove the pan from heat and stir in chopped cilantro.
4. Heat a clean, large skillet over a high flame and heat the tortillas about 20 seconds on each side.
5. Assemble tacos with 2 tablespoons of mushroom mixture, then top with cilantro sauce and Pico de Gallo.

Cilantro Cream Sauce

1. Place cashews in a saucepan and cover with 1 ½ cups of water (make sure all cashews are covered with water). Bring the water to a boil and once it has reached a rolling boil, remove from heat and cover the cashews for 30 minutes, until softened.
2. After 30 minutes, drain and reserve liquid. Add cashews, 1 cup of reserved liquid, cilantro, and salt to a blender. Blend until smooth.
3. Refrigerate until ready to use.



Mushroom Street Tacos with Cilantro Cream Sauce Continued

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Nutrition Information per serving *From USDA Nutrient Database

Calories: 249 Total Fat: 11g Saturated Fat: 2g Monounsaturated Fat: 6g Polyunsaturated Fat: 2.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 33g Fiber: 11g Total Sugar: 3.3g Protein: 8g Sodium: 727mg Vitamin A: 19µg Vitamin C: 14mg Calcium: 55mg Iron: 2.3mg Folate: 15µg

