

Breakfast Tacos

Makes 3

BENBELLA
vegan

I'm always looking for ways to slip more vegetables into my diet (particularly at breakfast) and these tacos hit the nail on the head: greens, beans, and sweet potatoes before lunch? I can feel good about that! Bonus: They are really filling and leave me satisfied for hours. I tend to make these tacos for breakfast when I have leftover cooked greens and sweet potatoes from the day before.



Ingredients

- 3 corn tortillas
- 1 sweet potato, cooked
- ½ c cooked black beans
- ½ c cooked greens (e.g., steamed kale or collards)
- 2 green onions, sliced
- hot sauce
- salsa (optional)
- nutritional yeast (optional)
- guacamole (optional)

Steps

1. Warm corn tortillas if they've been in your fridge. I like to heat each side over a low flame for 10–15 seconds on my gas stove, but a few seconds in the microwave covered with a damp paper towel also works.
2. Mash sweet potato with a fork (you can mix in spices like ground cumin, chili powder, garlic powder, onion powder, and cayenne if you like, or even a basic fajita or taco seasoning with a splash of nondairy milk) and spread into the center of the tortilla.
3. Top with beans, greens, and green onions, plus hot sauce, salsa, nutritional yeast, and guacamole as desired (I overflow my tacos so they are really filled). Enjoy!
4. Chef's Note: Make a "taco bar" and serve these for brunch when you have a big crowd. Tofu Scramble (pg. 35) is another great filling option

RECIPE ON PAGE 117 OF

