

Super Food Tacos



**JAMES
BEARD
FOUNDATION**

ingredients

Quaker Oat Tortillas

- 2 c Quaker Old-Fashioned Oats
- 1 c water
- 1/2 tsp kosher salt

Kale & Carrot Filling

- 1/2 bunch kale
- 2 sticks carrots
- 1 clove garlic
- 1 tbsp olive oil
- 1 c water
- salt
- 1 tsp chili powder
- 1 tsp ground cumin

Quinoa & Blueberry Base

- 1 c quinoa
- 1 pint blueberries
- 1 1/2 c water

Asian Pear Salsa

- 2 tbsp finely chopped cilantro stems and leaves
- 1 tbsp peeled and grated fresh ginger
- 1 red Fresno chile, seeded and finely chopped
- 1 pink grapefruit, segmented, each segment cut into 3 wedges
- Juice and zest of 1 lime
- 1/2 ripe Asian pear, cut into small dice

instructions

For the tortillas:

1. Add the oats to a blender, turn on to medium power pulse for 10 seconds, turn off blender and stir the oats.
2. Place top back on blender and pulse for another 15-20 seconds or until the oats are the consistency of whole wheat flour.
3. In a small bowl, mix the flour and seasoning. Stir in water, then evaluate the consistency. The dough should be soft, but not wet and mold easily into shapes. The dough will easily form a ball as you stir. In necessary, add a bit more flour or water to achieve the proper consistency.
4. Pinch of a ball of dough the size of a golf ball, place the ball in a tortilla press lined with saran wrap (or roll out as thin as possible).
5. Heat a cast iron skillet over medium heat and add the newly formed tortilla to the hot pan.
6. Cook for 20 seconds and flip over the tortilla should now have a nice light brown color.
7. Continue to cook on the second side for another 20 seconds then remove it from the pan and keep warm in a folded kitchen towel. Repeat the process until all the dough is gone.
8. You should have 12 tortillas in all.

For the filling:

1. Rinse the kale thoroughly. Remove the stems & cut the kale into 1/4 pieces making long strips. Grate the carrots.
2. Heat olive oil in a large skillet over medium heat. Add thinly minced garlic and sauté until it starts to brown slightly. Less than or about 1 minute. Add the chopped kale until wilted
3. Add the carrots and cook until tender. Add salt, chili powder and cumin. Pour in water, bring to simmer, stir to mix carrots with greens. Cook for about 5 - 7 minutes.

For the base:

1. Combine 1 1/2 cups water and rinsed blueberries & quinoa in a medium saucepan; bring to a boil. Cover, reduce heat to low, and simmer for 10 to 20 minutes or until liquid is absorbed. You'll know the quinoa is finished cooking when it appears as if each grain has "popped" open. Remove from heat; fluff with a fork.
2. Mix all the ingredients in a bowl and let marinate for at least 1 hour.

Assemble the Tacos:

1. To assemble tacos, layer quinoa blueberry base then top with the kale and carrots in each tortilla. Top with Asian pear salsa and sliced avocado.

by Pete Dressen