

# Corn and Zucchini Tacos



**Prep:** 15 min.

**Cook:** 15 min.

**Portions:** 2-4

## INGREDIENTS

- 6 corn tortillas
- 2 tomatoes (diced)
- 1 tbsp. of fresh Oregano (minced)
- 1 zucchini (unpeeled and diced)
- 1 tsp. taco seasoning
- 1/2 cup sweet onion (finely minced)
- 3 ears of corn (shucked and kernels cut off cobs)
- 1 tbsp. olive oil
- 1/4 cup plain greek yogurt
- 1/2 cup salsa



Photo by Krisztian Tabori.

## INSTRUCTIONS

1. Shuck the corn, cut the kernels off the cobs, and discard cobs.
2. In a large skillet, heat 2 tsp. of oil over medium heat. Add the corn and sauté for 3 minutes.
3. Add the taco seasoning and sauté for 2 more minutes. Then, remove the corn from skillet and put in a bowl to the side.
4. Add the remaining olive oil to the skillet and then add the finely minced onion. Sauté onion for 5 minutes, until soft.
5. Add the peeled and diced zucchini and sauté for 3 minutes.
6. Add the diced tomatoes and sauté for another 2 minutes. Then, add the oregano and sauté for 1 minute.
7. Stir in the corn mixture and remove from heat.
8. Warm the tortillas on a hot skillet. Then, divide the filling among the tortillas and top each taco with yogurt and salsa.

## CHEF'S NOTES

*For extra protein, add cooked and seasoned beans or meat to the taco filling.*