Roasted Vegetable Tacos

I am always looking for interesting taco fillings. I experimented recently with roasted vegetables. The key is to cut the vegetables small (1/4-inch cubes) and roast them well with taco seasoning. I don’t like to use premade taco seasoning because of the high salt. It is super easy to make your own using this [recipe](https://medinsteadofmeds.com/homemade-taco-seasoning/). I use corn tortillas and a topping of just shredded cabbage mixed with lime.

1 medium onion

1 zucchini

1 yellow squash

3 large carrots

8 ounce container of white mushrooms or baby bellas

3 Tablespoons olive oil

2 Tablespoons taco seasoning

½ teaspoon salt

1. Preheat the oven to 375 degrees F.
2. Cut the vegetables into a ¼ inch dice. This takes a few minutes but your work will be well worth it in the end. It is a good time to practice your knife skills!
3. Toss the cut vegetables with the olive oil, taco seasoning, and salt. You can do this in a large bowl or plastic bag.
4. Place the vegetables mixture on a sheet pan lined with foil. This makes clean up easy.
5. Cook the vegetable mixture 45 min to 1 hour stirring half the way through.
6. Assemble the tacos on warmed tortillas.

Makes 6 Tacos

Serving Size: 1/6th of recipe

Prep Time: 30 minutes

Cook Time: 1 hour

Total Time: 1 hour 30 minutes

Nutrition Information per Serving (for taco filling only – add about 50 calories if using a corn tortilla)

Serving Size: 1 taco

Vegetables: 1/3 cup

Fruits: 0 cups

Calories: 92 calories

Carbohydrates: 7 grams

Fiber: 2 grams

Protein: 2 grams

Fat: 7 grams

Sodium: 219 mg