

BLACK BEAN TACOS w/ PEACH AND RADISH SALSA



Yield: 4-6 servings

Source: Nutrition Dept. Original

Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 1 (15oz) can black beans
- 1 package of corn tortillas
- 1 (15oz) can of peaches, drained and diced
- ¾ cup of radish, diced
- ½ cup cucumber, diced
- 1 Tablespoon red onion, finely chopped
- 1 Tablespoon cilantro, finely chopped
- ½ lime, juiced
- Salt to taste

INSTRUCTIONS:

1. For the salsa, combine all ingredients from peaches onwards in a medium size bowl. Mix well.
2. Pour can of beans into a small saucepan. Heat gently over medium low heat until bubbling. Then turn off heat.
3. To assemble the tacos, heat a teaspoon of oil in a fry pan then add 1 corn tortilla.
4. Cook over medium heat until it is starting to get crispy. Turn once halfway through.
5. Top each tortilla with a small amount of beans and salsa and fold in half. Eat and Enjoy!

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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