Tonight’s recipe calls for creativity, try one of the recipes below!

Black Bean Tacos  
Fish Stick Tacos  
Spicy Meat Tacos  
Chipotle-Lime Cauliflower Tacos

OR make it your own with what you have on hand!

Filling: beans, ground beef, turkey, steak, tofu, chicken, fish, shrimp
Seasoning: pre-made taco seasoning, or a dash of whatever you have on hand: chili powder, cumin, dried oregano, onion powder, garlic powder, salt
Toppings: salsa, hot sauce, cheese, onions, olives, sour cream, tomato, lettuce, spinach
Base: soft tortillas, hard taco shells, brown rice, quinoa

This week’s recipes are from Eatingwell.com
BLACK BEAN TACOS
Serves 4

INGREDIENTS:
2 (15 ounce) cans of black beans
1 teaspoon ground cumin
½ teaspoon garlic powder
8 hard taco shells
¾ cup shredded Mexican cheese blend

DIRECTIONS:
Preheat the oven to 325 degrees F. Mash half of the beans in a large bowl. Add whole beans, cumin and garlic powder; stir to combine. Fill each taco shell with about 1/3 cup of the bean mixture. Top with cheese. Place the filled tacos on a baking sheet and bake until the beans are hot and the cheese is melted, 12 to 15 minutes.

FISH STICK TACOS
Serves 4

INGREDIENTS:
16 fish sticks (about 8 ounces)
3 cups coleslaw mix or shredded cabbage
2 tablespoons rice vinegar
½ teaspoon salt
½ ripe avocado
¼ cup mayonnaise
2 teaspoons lime juice
½ teaspoon hot sauce
8 corn tortillas, warmed
Cilantro for garnish

DIRECTIONS:
Prepare fish sticks according to package directions. Meanwhile, toss coleslaw mix (or cabbage) with vinegar and salt. Mash avocado in a small bowl, then mix in mayonnaise, lime juice and hot sauce. Serve the fish sticks in tortillas topped with the slaw, avocado crema and cilantro, if desired.
**SPICY MEAT TACOS**  
Serves 4

**INGREDIENTS:**
8 ounces ground beef  
8 ounces ground turkey breast  
½ cup chopped onion  
1 (10 ounce) can of diced tomatoes with green chiles, or 1 ¼ cup diced tomato  
½ teaspoon ground cumin  
½ teaspoon dried chipotle powder, or 1 teaspoon chili powder

**DIRECTIONS:**
Place beef, turkey and onion in a large nonstick skillet over medium heat. Cook, breaking up the meat with a wooden spoon, until cooked through, about 10 minutes. Transfer to a colander to drain off fat. Wipe out the pan. Return the meat to the pan and add tomatoes, cumin, ground chipotle (or chili powder) and oregano. Cook over medium heat, stirring occasionally, until most of the liquid has evaporated, 3 to 6 minutes.

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**CHIPOTLE-LIME CAULIFLOWER TACOS**  
Serves 4

**INGREDIENTS:**
¼ cup lime juice (about two limes)  
1-2 tablespoons chopped chipotles in adobo sauce canned  
1 tablespoon honey  
2 cloves garlic  
½ teaspoon salt  
1 small head cauliflower, cut into bite size pieces  
1 small red onion, halved and thinly sliced  
1 (15 ounce) can of refried black beans, warmed  
8 corn tortillas, warmed  
½ cup crumbled queso fresco or feta cheese  
Sliced red cabbage, fresh cilantro, guacamole, jalapeño slices and/or lime wedges for serving

**DIRECTIONS:**
Preheat the oven to 450 degrees F. Line a large rimmed baking sheet with foil. Combine lime juice, chipotles to taste, honey, garlic and salt in a blender. Process until mostly smooth. Place cauliflower in a large bowl, add the sauce and stir to coat. Transfer to the prepared baking sheet. Sprinkle onion on top. Roast, stirring once, until the cauliflower is tender and browned in spots, 18 to 20 minutes. Serve the vegetables and beans in tortillas, topped with cheese and garnished with cabbage, cilantro, guacamole, jalapeños and/or lime wedges.