



Makes 3 tacos
Preparation Time: 10 minutes

INGREDIENTS:

- ⅓ cup oil-free refried beans
- ¼ cup frozen corn kernels
- ¼ cup prepared salsa, plus more for topping
- 3 4-inch corn tortillas
- ½ cup fresh baby arugula or chopped lettuce
- 6 cherry tomatoes, sliced
- ¼ of an avocado, chopped

Quick and Easy Veggie Tacos

Salsa and sweet corn kernels transform canned refried beans into an easy veggie taco filling that will leave you licking your fingers. This 10-minute recipe is perfect for days where you don't have time to prepare an extravagant recipe but also want a nutritious meal. Spread a hearty spoonful of the jazzed-up bean mixture onto warm corn tortillas, and top each **taco** with baby greens, juicy cherry tomatoes, and creamy avocado. These vibrant and nourishing garnishes deliver a tasty serving of fresh produce with each bite and keep meal prep chopping to a minimum. Feel free to get creative with the toppings as well: Hot sauce, shredded purple cabbage, and cilantro would all be delicious additions to this **quick and tasty** recipe.

For more quick vegan recipes, check out these tasty ideas:

- [Rice Vermicelli Bowls with Bok Choy and Adzuki Beans](#)
- [Microwave Sweet Potato and Kale Chili](#)
- [Israeli Breakfast Salad Wrap](#)
- [Quinoa-Chickpea-Sweet Potato Bowls with Peanut Sauce](#)

By Mary Margaret Chappell

- 1** In a microwave-safe bowl stir together beans, corn, and salsa. Microwave on high 2 minutes or until heated through.
- 2** Meanwhile, warm the tortillas in a dry skillet or 300°F toaster oven. Spoon bean mixture into warm tortillas. Top with arugula, tomatoes, avocado, and additional salsa.