



Serves 4

Cook Time: 45 minutes

INGREDIENTS:

1 large butternut squash,
peeled, seeded, and cut into $\frac{3}{4}$ -
to 1-inch cubes (6 cups)

8 ounces button mushrooms,
sliced (3 cups)

2 cups broccoli florets

1 cup thinly sliced carrots

2 tablespoons cornstarch

5 teaspoons low-sodium tamari
or soy sauce (see note in intro)

6 cloves garlic, minced

1 tablespoon grated fresh ginger

2 teaspoons unseasoned rice
vinegar

1 teaspoon crushed red pepper

4 cups coarsely chopped Swiss
chard

24 6-inch white corn tortillas,
warmed

$\frac{1}{4}$ cup thinly sliced scallions
(white and green parts)

Spicy Stir-Fry Tacos

The next time you're craving stir-fry flavors, skip the chopsticks and pile this tasty assortment of colorful veggies into spicy vegan tacos. To make the filling, the vegetables are quick-steamed in a skillet, then finished with a sauce made with ginger, garlic, tamari, and rice vinegar that gets a bit of heat from red pepper flakes. Feel free to switch out the vegetables for whatever is in season, but try to include a variety of textures. You can also use the filling to make burritos with rice.

Note: Soy sauce contains gluten. To make this recipe gluten-free, use gluten-free tamari sauce.

By Carla Christian, RD, LD

- 1 Combine the squash and $\frac{1}{4}$ cup water in a 12-inch nonstick skillet. Bring to a simmer over medium-high heat. Reduce the heat to medium-low and simmer, covered, for 6 to 8 minutes. Stir in the mushrooms, broccoli, and carrots. Simmer, covered, for 5 minutes more.
- 2 Combine the cornstarch, tamari, garlic, ginger, vinegar, and crushed red pepper in a small bowl. Stir in $\frac{1}{4}$ cup water.
- 3 Add the tamari mixture and Swiss chard to the vegetables in the skillet. Cook for 1 minute, stirring occasionally and adding $\frac{1}{4}$ to $\frac{1}{2}$ cup water to reach the desired consistency.
- 4 Spoon the vegetable mixture onto doubled tortillas and sprinkle with scallions. Fold or roll up tortillas. Serve immediately.