

# DELICATA SQUASH AND BLACK BEAN TACOS WITH CILANTRO LIME SLAW

Take your traditional taco seasoning and use it to flavor delicata squash for a fall inspired vegetarian taco worthy of your dinner table! With a protein punch from black beans and a flavorful cilantro lime kale slaw, these tacos are both vegetarian AND delicious. :) Feel free to play around with your toppings; extra cilantro, fresh cheese, hot sauces, or pickled jalapenos or onions would all be wonderful.



## Ingredients

- 2 delicata squash
- 10-12 tortillas
- 1 can black beans
- 1/2 bunch cilantro
- 1/2 onion
- 1/2 bunch kale
- 1 lime
- 2 ounces sour cream

From your pantry:

- 2 Tablespoon taco seasoning
- 4 Tablespoons oil

### Equipment:

- Baking sheet
- Small pot

**PREPARATION: 10 MIN**

**COOKING: 20 MIN**

**READY IN: 30 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.  
Wash and dry all produce. Preheat oven to 400 degrees*

1. Cut **delicata squash** in half lengthwise. Scoop out the seeds and slice each half into 1/4 inch thick half moons. Place on the baking sheet and drizzle with oil, sprinkle with taco seasoning, salt, and pepper. Toss to coat and spread out evenly. Transfer to oven and bake 15-18 minutes until tender and golden brown.
2. While squash is roasting, drain and rinse **black beans**. Place beans in small pot with a pinch of salt and pepper and cook over medium-low heat until warm, about 5 minutes. Cover and set aside.
3. Rough chop **cilantro** leaves and stems. Remove ends from **onion** then peel and small dice. Stack the **kale leaves** and julienne into very thin strips. Cut **lime** in half and juice. Place kale, onion, cilantro, lime juice, 1 Tablespoon oil, salt and pepper in a bowl. Mix using hands to gently massage and break down kale.
4. Wrap tortillas in aluminum foil or a damp towel and place in oven for 2-3 minutes to warm.
5. **Assemble tacos:** Remove tortillas and squash from oven. Place a few slices of squash, a spoonful of beans, a handful of kale slaw, and a dollop of sour cream on each tortilla. Or set up a taco line for folks to make their own. Enjoy!

# Tips, Tricks, and Terms

## THE JUICE ON CILANTRO.

Did you know cilantro and coriander come from the same plant? When the leaves of *Coriandrum sativum* are used, it's cilantro and when you grind the seeds, it's coriander.

Fresh cilantro is an incredibly versatile herb used often in Mexican, Middle Eastern, Indian, and Asian dishes. Cilantro is best used fresh as it loses most of its flavor when dried.

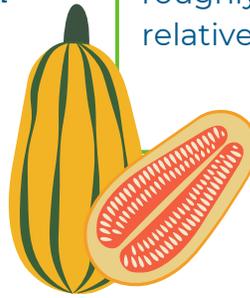
To keep your bunch fresh until you use it, trim the ends of the woodier stems and keep the bunch in a glass of water in your fridge.

Use cilantro as on tacos or in rice, sauces, soups, and stews! Freeze it to use out of season!

## A little about...

**DELICATA SQUASH:** a winter squash with sweet, velvety flesh that will caramelize in the oven. This squash is small size and thin with edible skin, making it easy to cook with!

**ROUGH CHOP:** An imprecise knife cut that results in pieces roughly the same size, usually relatively large.



## GROWER SPOTLIGHT

Featherstone Farm is a 250-acre certified organic farm located in bluff country around Rushford, MN. The farm produces around 70 varieties of fresh market fruits and vegetables for distribution to local co-ops, restaurants and grocers, wholesalers and CSA members across the region.

Featherstone Farm was founded in 1994 by Jack Hedin and Jenni McHugh, the farm draws its name and focus on environmental sustainability from the Featherstone Township homestead where Jack's great grandfather farmed and planted trees in the 19th century.

Visit [featherstonefarm.com](http://featherstonefarm.com) to learn more and follow on Facebook @featherstonefv



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