
Mushroom-Squash Tacos

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1 tablespoon vegetable oil
3 scallions (white and light green parts), sliced
1 1/2 cups diced butternut squash
8 ounces sliced shiitakes
2 cloves garlic, minced
4 teaspoons chili powder
2 cups water
24 warmed four-inch corn tortillas
sliced scallion greens (for topping)
sliced jalapeno peppers (for topping)
lime wedges (for serving)

In a large nonstick skillet over medium-high heat, heat the vegetable oil. Add the scallions, butternut squash, shiitake mushrooms and garlic. Cook for 3 minutes.

Stir in the chili powder and cook for 30 seconds. Add the water and simmer until the vegetables are tender, about 8 minutes.

Assemble twelve tacos using two warmed four-inch corn tortillas for each.

Top with sliced scallion greens and jalapenos. Serve with lime wedges.

Appetizers

Per Serving (excluding unknown items): 161 Calories; 15g Fat (79.2% calories from fat); 2g Protein; 7g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 116mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 3 Fat.