

Creamy Avocado-Stuffed Tacos

Ingredients

1

LeafSide Tex-Mex
savory bowl

1

sliced red or
green cabbage

2

avocados

1 can (15 oz)

pinto beans
(recommend unsalted)

6-8

tortillas†

as desired

salsa of choice

as desired

pepitas *(recommend raw
& unsalted)*



Unique Whole
Plant Foods

Gather 'round the table for a major upgrade on taco Tuesday! Warm corn tortillas packed with nutrients from beans, grains, & spices are topped with as much crunchy cabbage & creamy avocado as you'd like. Plan a fiesta with these tasty tacos, and break out the salsa - both the sauce & the dance - because this meal is a celebration for your taste buds!

Makes 6-8 Tacos

PREP TIME: 15 minutes • COOK TIME: 5 minutes

◇ Tools Needed: microwave

1. Prepare LeafSide's Tex-Mex savory bowl as directed.
2. While the meal steeps, thinly slice cabbage (or use pre-sliced packaged cabbage) & slice avocados.
3. Heat beans in microwave.
4. Warm tortillas wrapped in damp paper towels in microwave for 20-30 seconds each side.
5. Fill tortillas with Tex-Mex, beans, avocados, cabbage. Sprinkle with pepitas & serve with salsa if desired.

Other suggested fillings: baked sweet potatoes, green onions, tomatoes, bell peppers, jalapeno, zucchini, yellow squash, quinoa, black beans.



Turn these ingredients into a bowl by simply adding your favorite grain or potatoes.

Take a Chill-Pepita

An increasing number of studies show that plant-based diets can significantly improve our moods. Pepitas, in particular, can naturally boost serotonin levels in your brain, the hormone associated with well-being and happiness.⁵ They're also rich in zinc, a mineral that's essential for our immune systems to fully function. Try them as a snack, or if available, as a spread!

† see recommended brands on page 5 of
the 1 Week Meal Plan



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