

Taco time

Spice up your summer with creative tacos from Ivy Stark, corporate executive chef at Dos Caminos restaurants. By Karen Asp

OMNIVORE

chicken al carbon tacos

SERVES 6

Al carbon refers to grilling, but the chicken can be roasted, too. Either way, you'll love the zing from the spicy citrus marinade.

- 1 cup chopped cilantro
- $\frac{2}{3}$ cup fresh orange juice
- $\frac{1}{3}$ cup fresh lime juice
- 8 cloves garlic
- 3 jalapeño peppers, chopped
- 1 lb boneless, skinless organic chicken breasts
- 12 corn tortillas
- 1 head white or purple cabbage, sliced thin
Lime wedges for garnish

In a blender, purée cilantro, orange juice, lime juice, garlic, and jalapeños until smooth. Place chicken in a glass container and pour juice mixture over chicken. Cover and refrigerate at least one hour—or preferably overnight. On a grill over medium-high heat, cook chicken, flipping once, until cooked through, about 8 minutes. Remove chicken and cover to keep warm. In a skillet over medium heat, toast each tortilla about 30 seconds per side. Slice chicken into half-inch strips and divide it equally among the tortillas; top with cabbage. Serve with pico de gallo (see recipe below) and lime.

NUTRITIONAL INFO 254 calories per two tacos, 4 g fat (1 g saturated), 38 g carbs, 8 g fiber, 21 g protein, 91 mg sodium

VEGETARIAN

sweet potato tacos with spicy black beans

SERVES 6

These hearty tacos feature a drizzle of maple syrup to balance the super-spicy habanero pepper.

- 2 large sweet potatoes, peeled
- 12 corn tortillas
- 1 15-oz can black beans, rinsed and drained
- $\frac{1}{2}$ cup grated cheese (Monterey Jack, cheddar, or Muenster)
- 1 habanero pepper, minced
- $\frac{1}{4}$ cup pure maple syrup

In a pot, boil sweet potatoes for 10 minutes. When cool enough to handle, cut potatoes into $\frac{1}{4}$ -inch-thick slices. On a grill over medium-high heat, cook potatoes, flipping once, 8 minutes. In a skillet over medium heat, toast each tortilla about 30 seconds per side. Divide potatoes, beans, and cheese among tortillas. In a bowl, combine habanero and maple syrup; drizzle over tacos. Season with salt to taste. Serve with pico de gallo (see recipe below).

NUTRITIONAL INFO 309 calories per two tacos, 5 g fat (2 g saturated), 60 g carbs, 10 g fiber, 11 g protein, 262 mg sodium

VEGAN

grilled avocado tacos

SERVES 6

Rich, smoky grilled avocado and creamy beans combine to create a satisfying meal.

- 2 ripe California Hass avocados, halved and pitted
- 12 spears asparagus
- 2 tsp olive oil
- 12 corn tortillas
- 2 serrano peppers, chopped
- 1 15-oz can vegan refried beans

Brush avocados and asparagus with olive oil; season with salt and black pepper. On a grill over medium-high heat, cook asparagus, flipping once, and avocados (in peel) with fresh side down, about 2 minutes. In a skillet over medium heat, toast each tortilla about 30 seconds per side. Peel and slice avocados. Divide avocado, asparagus, serranos, and beans among tortillas. Serve with pico de gallo (see recipe below).

NUTRITIONAL INFO 311 calories per two tacos, 14 g fat (2 g saturated), 43 g carbs, 14 g fiber, 9 g protein, 340 mg sodium

Spicy pico de gallo

SERVES 6

In a bowl, combine 5 finely diced plum tomatoes, 1 chopped white onion, 1 cup chopped cilantro, 1 minced jalapeño, 1 minced serrano pepper, and the juice of 1 lime; season to taste with salt and black pepper. Refrigerate for at least one hour before serving.