

WALNUT GREEN TACO



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INGREDIENTS

- 50 g California Walnuts
- 3 tortillas
- 45g shiitake mushrooms
- 60g cherry tomatoes
- 70g chopped onions
- 1/2 lime
- 20g coriander
- 50g lettuce
- 1T taco seasoning,
- 1/2t cumin powder
- 1/2t paprika powder
- 1/2Tgarlic powder

Nutritional Value for 4 servings	
Energy (kcal)	650
Carbohydrates(g)	52
Protein (g)	18
Fiber	12
Total fat (g)	44
Monosaturated fat (g)	12
Polyunsaturated fat (g)	28

Vegetarian, Vegan, Dairy-free, Sugar-free

INSTRUCTIONS(20min.)

1. Chop California walnuts finely
2. Mix chopped walnuts with taco seasoning, cumin powder, paprika powder, and garlic powder.
3. Cut shiitake mushrooms into bite-size pieces.
4. Heat olive oil in a frying pan over medium heat, add mushrooms and salt, and stir-fry until the mushrooms are soft.
5. Add the seasoned walnuts to the mushrooms and stir-fry slightly.
6. Cut cherry tomatoes into 1/4 sizes.
7. Season chopped onion and cilantro with olive oil, salt and pepper.
8. Grill tortillas in a pan until golden brown.
9. Place prepared ingredients on top of baked tortillas.
10. Finish by sprinkling cheese powder according to your preference.