

THREE SISTERS BLUE ZONE TACOS

Submitted by Chef Michael J. Millben at Mayo Clinic

SERVES 4-8

INGREDIENTS

1⅓ cup canola oil
½ cup yellow onion, diced
4-5 cloves garlic, minced
1½ tsp. cumin
½ tsp. oregano
1 tsp. onion powder
1 tsp. garlic powder
2 ⅛ tsp. kosher salt, additional to taste
3 ⅛ tbsp. lime juice
3 cups low sodium black beans
1½ cup whole kernel corn, frozen
¼ cup tomatoes, diced
⅔ cup red onion, diced
¼ cup cilantro, chopped
2-4 plantains
Corn starch
3 jalapeños
3 tbsp. parsley, chopped
½ tsp. orange juice
⅛ tsp. coriander
2 lb. chayote squash

PREPARATION

1. In a large saucepan, sauté onions and garlic with 1 tbsp. oil. Stir in cumin, oregano, onion powder, garlic powder, and kosher salt to taste. Add drained black beans and 1 tbsp. lime juice. Cook for 10 minutes and blend to a refried bean texture.
2. In a bowl, combine corn, tomatoes, red onion, ½ tsp. salt, 1 tbsp. lime juice, and 2 tbsp. cilantro. Cover and chill for 30 minutes.
3. Slice plantains into 8 pieces and boil until fork tender. Drain and let cool. Using a food processor, blend peeled plantains and ¾ tsp. salt until a dough ball forms. Dust corn starch on a clean surface and rolling pin. Roll dough into desired shape. Grease a large skillet with 1 ⅓ tbsp. oil. Once hot, add 1-2 tortillas at a time and cook until browned on both sides.
4. Remove stems from jalapeños and grill until charred. Using a food processor, blend cleaned jalapeños and garlic cloves; pulse for 1 minute. Add parsley, remaining cilantro, ½ tsp. lime juice, orange juice, cumin, ⅛ tsp. salt, and coriander; pulse for 2 minutes. Run the food processor on low and pour in remaining oil until fully incorporated.
5. Wash, halve, and remove seed from squash. Toss in a bowl with 1 ¼ tbsp. oil and ¾ tsp. kosher salt. Grill until marks show on both sides. Julienne and mix with mojo verde sauce.
6. Add 1 tbsp. each of black beans, salsa, and squash to all tortillas.

