

Vegetarian Farro Soft Tacos

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-and-mushroom-galette-recipe-epicurious-comepicurious>

Ingredients:

- 1 avocado ripe, halved with the pit removed
- 3/4 cup non-fat yogurt plain
- 1/4 cup fresh cilantro
- 2 tablespoons salsa verde
- 2 teaspoons fresh lime juice
- 1 teaspoon ground cumin
- 1/2 teaspoon salt + more if needed
- 2 tablespoons extra-virgin olive oil
- 5 spears asparagus cut into 1-inch pieces
- 1 bunch Swiss chard about 4 cups, leaves only; chopped
- 4 ounces mushrooms sliced
- kosher salt
- pepper
- 15 ounces black beans rinsed and drained
- 2 cups farro cooked
- 8 flour tortillas small, warmed
- salsa Your choice of, : red or salsa verde
- red bell peppers finely diced
- tomatoes finely diced, optional
- lime wedges
- fresh cilantro
- avocado slices
- crema Avocado

Nutrition:

1. Calories: 950 calories
2. Carbohydrate: 159 grams
3. Cholesterol: 5 milligrams

4. Fat: 25 grams
5. Fiber: 30 grams
6. Protein: 32 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1830 milligrams
9. Sugar: 10 grams

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