

Harvest Pumpkin Tacos

Time: 10 Minutes

Prep Time: 5 Minutes

Serves: 4 - 2 Tacos Per Person

Ingredients:

8 corn or flour tortillas
2 cups of peeled Pumpkin (chopped into small dice)
1 tablespoon of Avocado oil
1/2 red cabbage (sliced thin)
1/2 red onion (chopped small dice)
1/2 cup of cilantro (chopped)
1 container of Fat-free Sour Cream
1 large tomato (chopped small diced)
3/4 cup of Mexican Cheese
Salt and Pepper

Directions:

1. Heat a large sauté pan over medium-high heat
2. Add avocado oil
3. Once oil is hot add pumpkin, continue to cook for 10 minutes (until pumpkin is fork tender)

Meanwhile:

1. In a small sauté pan heat tortillas over medium heat
2. Cook tortillas for 3 minutes on each side (watch carefully, can burn easily)
3. Remove pan from heat and set pumpkin aside.
4. Assemble tacos
5. Top with cilantro and sour cream
6. Enjoy!



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