

HEALTH BENEFITS

ASPARAGUS is rich in fiber and protein and also supplies us with vitamins A and K.

PORTOBELLO MUSHROOMS provide a number of essential nutrients with 15 different vitamins, minerals, and antioxidant phytonutrients. They are also a great source of amino acids/protein and are praised for improving immune function and fighting off inflammation.

CUMIN may increase the activity of digestive enzymes and the release of bile from the liver, aiding in the digestion of fats and certain nutrients in the gut.



SPICY ASPARAGUS & GRILLED PORTOBELLO TACOS

MAKES 2 SERVINGS

INGREDIENTS

- 2 brown rice gluten free tortillas (toasted in pan)
- 4-5 stalks of asparagus, chopped
- 2 portobello mushrooms, de-stemmed
- 1 zucchini, chopped
- 1 Tbs coconut oil + enough to grease pan
- ¼ of a jalapeño, thinly sliced
- Juice of 1 lime
- Sea salt, to taste
- Freshly ground black pepper to taste
- 1/2 bunch of cilantro, roughly chopped
- 1 avocado, sliced
- Salsa

SPICE MIX

- 1 Tbs. paprika
- 1 tsp. cumin powder
- 1/2 tsp. fine sea salt
- 1/2 tsp. powdered ginger
- 1/4 tsp. cayenne pepper

DIRECTIONS

Prep all the ingredients for the spice mix in a small bowl or jar and mix thoroughly. Chop the Portobello mushrooms, zucchini and asparagus and toss them in a bowl with the coconut oil and your spice mix, as well as sea salt and black pepper to your taste and spread the veggies out in your pan. Turn on your stove to medium heat and use coconut oil to coat the pan. Grill for 8-10 minutes on each side or until they are cooked through. Remove from the heat. Spread the veggies over the tortillas. Top with the chopped cilantro, avocado and salsa and enjoy!