

Black Bean and Artichoke Taco Cups With Mango Dressing and Herbed Rice

June 2014 by Camine Pappas

Serves 4

INGREDIENTS:

1 medium garden fresh tomato diced
2 large scallions angle diced
2 C lettuce
4 small four tortillas or corn
1 C herbed rice cooked (I used Lipton Herb and Butter Rice in the packet)
½ can black beans rinsed
½ can artichoke hearts drained and cut into quarters
2 T mango habanero sauce
¼ C taco sauce
2 oz goat cheese
Juice of one lime
Salt and pepper



DIRECTIONS:

Shred lettuce and assemble with tomatoes, scallions, artichoke hearts and black beans. Or create the balance of ingredients you prefer. For dressing add the mango sauce to half the taco sauce, with salt and pepper, and the lime juice and toss the ingredients together. In the meantime, form the tortillas inside a muffin tin and bake in 375 degree oven for about 8 minutes, or until they hold their shape but not crunchy. Remove and let sit for about 2 minutes then take out of tins and let sit.

To assemble, place some of the rice at the bottom of each tortilla, fill with the lettuce mixture, top with the goat cheese and garnish with an artichoke wedge. You can drizzle some more of the taco sauce on top. And you can warm them in the micro for a bit if you prefer. No more than 20 seconds each.

VARIATIONS: Use cheddar instead of goat cheese. Add cooked hamburger or pork to the lettuce mixture. Use cabbage instead of lettuce. Use your imagination!

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