

## Mexico: Ricotta-Spinach Tacos

### Ingredients:

- 8 ounces ricotta, room temperature
- 2 tablespoons chopped fresh cilantro
- 2 cloves garlic, chopped
- Kosher salt
- 1 tablespoon vegetable oil
- 1 white onion, sliced into 1/2 -inch thick rings
- 2 (4-ounce) cans sliced green chile peppers, drained
- 2 bunches fresh spinach, (about 1 pound), stemmed
- 1/2 teaspoon ground cumin
- 8 to 12 corn tortillas
- Salsa verde, for serving

### Preparation:

Combine the ricotta, cilantro and 1 clove garlic in a medium bowl and season with salt.

Heat the vegetable oil in a large skillet over high heat. Add the onion and cook without stirring until lightly browned, 1 to 2 minutes. Stir and continue cooking until the onion begins to soften, about 2 minutes. Add the chiles, spinach and cumin and cook, stirring, until the spinach begins to wilt. Add the remaining 2 cloves garlic and cook until the spinach is completely wilted, about 3 more minutes. Season with salt; transfer to a bowl and keep warm.

Warm the tortillas in a dry skillet or wrap in a damp towel and microwave 1 to 2 minutes. Divide the spinach mixture among the tortillas, top with ricotta mixture and a spoonful of salsa verde and fold. Serve with more salsa.

Source: foodnetwork.com

Email [askthepros@acispecialtybenefits.com](mailto:askthepros@acispecialtybenefits.com) if you have a healthy traditional family recipe you would like to see featured!



**Servings:** Makes 4 servings

**Prep time:** 15 minutes

**Cook time:** 15 minutes

**Nutrition Facts (per serving):**

315 calories, 12g fat, 43g carbohydrates, 12g protein, 9g fiber, 381mg sodium



For more information contact a specialist at **800.932.0034** or email [askthepros@acispecialtybenefits.com](mailto:askthepros@acispecialtybenefits.com)