

# Three-Way Roasted Vegetable Soft Tacos

By: Andrea | *Cooking with a Wallflower*

## Ingredients:

2 cups zucchini, diced  
1 cup grape tomatoes, sliced  
1 cup mushrooms, sliced  
1 cup corn kernel, frozen or fresh  
½ teaspoon Italian seasoning  
½ teaspoon crushed red pepper  
Salt to taste  
3 tortillas  
¼ cup cheese per taco (optional)  
1 egg per taco (optional)

Yields: 3 soft tacos

## Directions:

Preheat the oven to 400°F. Line a baking pan or baking sheet with foil.

Dice a small zucchini into bite size pieces. Slice the grape tomatoes in half, and slice the mushrooms thinly. In a medium to large sized bowl, add the corn kernels, sliced grape tomatoes, diced zucchini, and sliced mushrooms. Add Italian seasoning, crushed red peppers, and salt. Toss the ingredients together until the seasoning evenly coats the vegetables.

Pour the vegetables onto the baking pan, and place it in the oven to roast at 400°F for about 10-15 minutes until the vegetables have softened. Remove the vegetables from the oven and lower the temperature to 375°F.

Line a second baking sheet with foil and spray with nonstick cooking spray to prevent the tortillas from sticking to the foil. Place the tortillas onto the baking sheet.

If you prefer vegan tacos, place only the vegetables onto the tortillas.

If you like cheese, add cheese onto the tortilla before topping with the roasted vegetables.

If you would like to add an egg to the tacos for a more breakfast feel, scoop the roasted vegetables onto the tortilla, create a small dip in the center, and crack an egg in the middle.

Place the baking sheet with the tacos into the oven. Bake for 3-5 minutes until the tortilla turns brown on the outer edges. If you're adding egg, bake an extra few minutes until the egg white has turned from clear to a solid color.

Serve warm and enjoy!