Seaside Lime Tacos

The ever popular California fish taco is not forgotten! The special components in this recipe are the artichokes and unique creamy lime dressing. We love these savory plant-based tacos that are definitely unique, easy, and fun.

INGREDIENTS

Two 14-oz cans of artichokes, drained, rinsed, and quartered

1 cup plant-based milk

1 cup whole wheat flour

2 cups panko bread crumbs

¼ cup nutritional yeast flakes

1 teaspoon garlic powder

2 teaspoons Old Bay Seasoning

1 Nori Sheet, roasted and crumbled

One 8-ounce package shredded cabbage or coleslaw mix

8-10 Corn tortillas

LIME DRESSING

1 large ripe avocado, pitted and peeled

2 garlic cloves, peeled

1 jalapeno, seeded

½ cup cilantro leaves *(loosely packed)*

½ cup water

2 tablespoons lime juice

2 tablespoons apple cider vinegar

1 ½ tablespoon pure maple syrup

¼ teaspoon cumin

¼ teaspoon sea salt

GARNISH

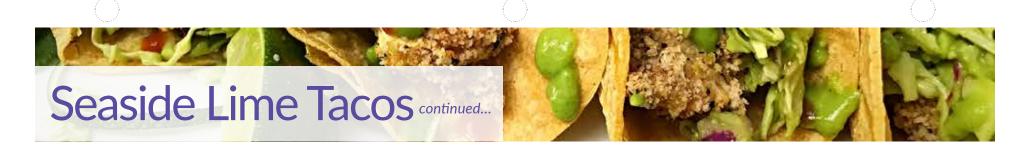1-2 tablespoons Sriracha

2 limes, sliced

¼ cup cilantro, chopped

ENTREES

20 MIN — PREP

15 MIN — COOK

4 — SERVES

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DIRECTIONS

1. Preheat oven to 400° F.

2. Prepare your dredging stations:
   BOWL #1: flour **BOWL #2:** milk
   BOWL #3: panko breadcrumbs, nutritional yeast flakes, garlic, nori crumbles, old bay seasoning.

3. Dip the artichoke quarters in the flour and cover completely, then the milk, and then the panko mixture coating well. Place onto a parchment lined baking sheet. Repeat until all the pieces are breaded. Bake for about 10-15 minutes or until breading is golden brown.

4. Place the dressing ingredients into a high powered blender and blend until smooth and creamy.

5. Place half of the dressing into the cole-slaw mixture and toss until thoroughly combined. Use the remaining dressing to drizzle over tacos.

6. Assemble: Place the baked artichokes into a corn tortilla and top with slaw and lime dressing. Garnish with sriracha, limes and cilantro.

KIM'S HINTS: Breaded artichokes are a delicious appetizer all alone with almost any type of dipping sauce. If you like them more or less "fishy" flavored, simply add more nori or omit depending on personal preference.

ENTREES

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