

Seasonal Eating
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Food Truck Tacos
August 2018

Food trucks are all the rage today. And we're not talking just concession fast food but gourmet dishes from a portable restaurant.

When I go to the Franklin Farmers Market I used to always stop by one of the trucks for a crepe – sometimes savory and sometimes sweet but always fun and interesting with fresh ingredients from the market. Apples and brie cheese or roasted sweet potatoes, it was always good. Unfortunately the truck is no longer in operation.

So while on vacation in Michigan last week, the Muskegon Farmers Market had a food truck rally one night. Fifteen or so trucks with everything from Hawaiian Shaved Ice and donuts to Chicago style hotdogs, Mediterranean gyros, Tex-Mex and Barbecue. There was a band playing, hundreds of people at tables and in chairs eating and listening and others dancing to the music. A great evening out and great food as well. We chose the tacos and black beans from a Tex-Mex Barbecue truck called Bone Ends. My Dad had the Spicy Pig which was pulled pork with green apples, caramelized onions and an apricot habanero sauce. He liked them so much he came away raving about apples on tacos. I had the Pollo Asada with chicken in a red sauce with queso fresco, green onions, radishes and a si-racha aioli. Not your everyday tacos but so yummy and not too spicy either.



So I came home inspired to zip up my tacos with farm-fresh ingredients and a new sauce for the usual tomato salsa. The answer was chicken cooked with chili powder and cumin shredded onto a corn tortilla with a zucchini relish and chipotle cream. Just a little heat and packed with flavor. The chipotles in adobo come in a can in the international foods. A little goes a long way so add a little at a time to get the heat you want. They are smoked jalapenos in a tomato sauce that add a wonderful different heat than the punch of the fresh jalapeno in the relish. You can leave out the fresh jalapeno if you want less heat.

Give your tacos a zipped up flavor this summer with fresh produce and spicy sauces.

Visit the Bedford County Extension website for more recipes and information about seasonal eating (bedford.tennessee.edu).

Chicken Tacos with Zucchini Relish

2 boneless, skinless chicken breasts
2 cups chicken broth
1/4 teaspoon kosher salt
1 teaspoon chili powder
1/2 teaspoon ground cumin

1 zucchini, diced
1 red bell pepper, diced
1/2 jalapeño pepper, seeded and finely chopped
2 green onions, white parts chopped
2 tablespoons fresh lime juice
2 tablespoons vegetable oil
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
1/4 teaspoon dried oregano
1/4 teaspoon ground cumin
1/2 bunch fresh cilantro, chopped

1/4 cup sour cream
1/4 cup mayonnaise
1 teaspoon finely chopped chipotle peppers in adobo sauce
1 teaspoon fresh lime juice
8 corn tortillas
Vegetable oil

In a saucepan, bring the chicken breasts, broth, salt, chili powder and cumin to a boil. Reduce heat, cover and simmer for an hour or so until it shreds apart with two forks. Meanwhile in a large bowl, combine zucchini, peppers, green onions, lime juice, vegetable oil, salt, black pepper, oregano, cumin and cilantro. Let sit for an hour or so or refrigerate until ready to use. In another bowl, stir together the sour cream, mayonnaise, chipotles and lime juice. Heat tortillas in a small skillet with just a tiny bit of vegetable oil until softened and heated through. To serve, top the tortillas with the shredded chicken, zucchini relish and chipotle cream.