

What's Up Wednesday: Cooking Corner

Have family dinner night tonight! With a few ingredients and 30 minutes you too can make Rachel Ray's Tacozagna! When kids get involved in the kitchen, they learn what goes into their food and develop a sense of pride in themselves. Creating as a family goes beyond a happy, healthy dinner; it becomes a happy, healthy lifestyle.

Tacozagna

Recipe courtesy Rachael Ray, 2007

Prep Time:

20 min

Inactive Prep Time:

Cook Time:

22 min

Level:

Easy

Serves:

6 servings

Ingredients

3 tablespoons vegetable oil, divided

2 1/2 pounds ground turkey or ground sirloin

1 zucchini

2 carrots, peeled

1 onion, peeled

3 cloves garlic, peeled

3 tablespoons chili powder, 3 palm fulls

2 teaspoons ground cumin, 2/3 palm full

1 tablespoon coriander, a palm full

Salt and freshly ground black pepper

1 cup beef stock

6 (8-inch) flour tortillas

3 cups shredded Chihuahua cheese or Monterey Jack

4 scallions, chopped

2 hearts romaine lettuce, chopped

3 plum tomatoes, seeded and chopped

Directions

Preheat oven to 400 degrees F.

Heat a large high sided skillet over medium-high heat with 2 tablespoons vegetable oil.

Add the meat and brown, 5 minutes. While meat browns, grate the zucchini and carrots with a box grater. Add the vegetables to the meat and grate in the onion and garlic.

Season the meat with chili, cumin, coriander, salt and pepper and cook 7 to 8 minutes more to soften vegetables. Stir in beef stock. Grease a 8 by 13-inch baking pan with vegetable oil. Layer in 3 overlapping flour tortillas and top with 1/3 meat, 1/3 cheese.

Repeat the layers twice and bake 10 to 12 minutes to brown cheese. Top with scallions, lettuce and tomatoes, cut into squares and serve.