

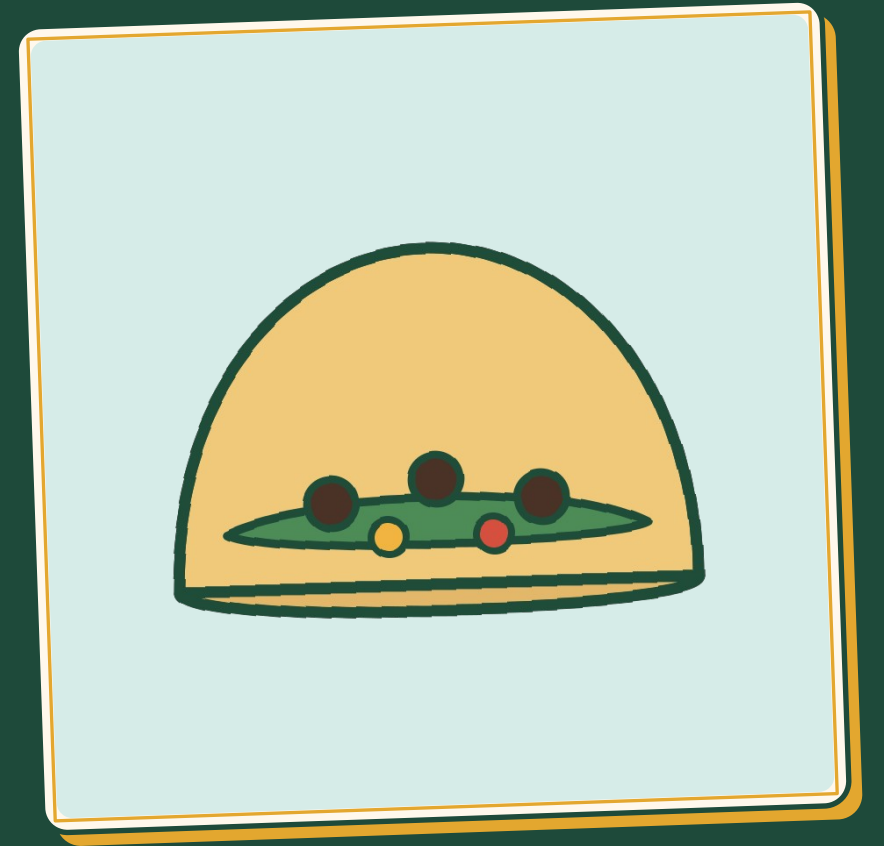
RECIPE BREAKDOWN

Adobo Black Bean Tacos

with Pineapple Salsa

Every ingredient has a job. Let's take the recipe apart and see what each one does for your body.

Chef Isaac Floyd, M.S. · Scratch Nutrition Lab × Evans High School



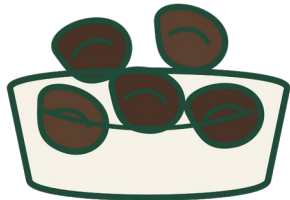
OUR VERSION

Two Swaps, Same Flavor

Chicken



Black beans



Same protein job, plus fiber.
Cheaper, and it still soaks
up the adobo blend.

Crunchy shells



Soft corn tortillas



Gluten-free, easier to fill,
and they hold the salsa
without shattering.

HOW THIS WORKS

One Ingredient at a Time

1

Picture it

The ingredient, on its own.

2

Trace the line

Where it goes in your body.

3

Read the jobs

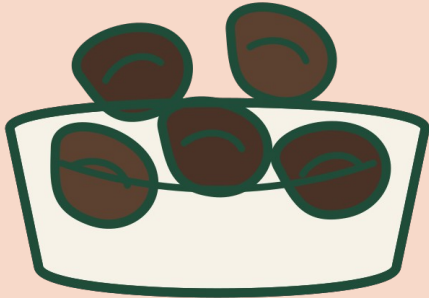
Three or four things it actually does.

Nothing on this plate is random. Every piece is doing something.

INGREDIENT 01 OF 11

Black Beans

1 can (or 1½ cups cooked) · our swap for chicken



OUR SWAP FOR CHICKEN

1

Fiber

Keeps you full longer and feeds the helpful bacteria in your gut.

2

Plant protein

Builds and repairs your body, no meat required.

3

Iron + folate

Iron helps your blood carry oxygen to every cell.

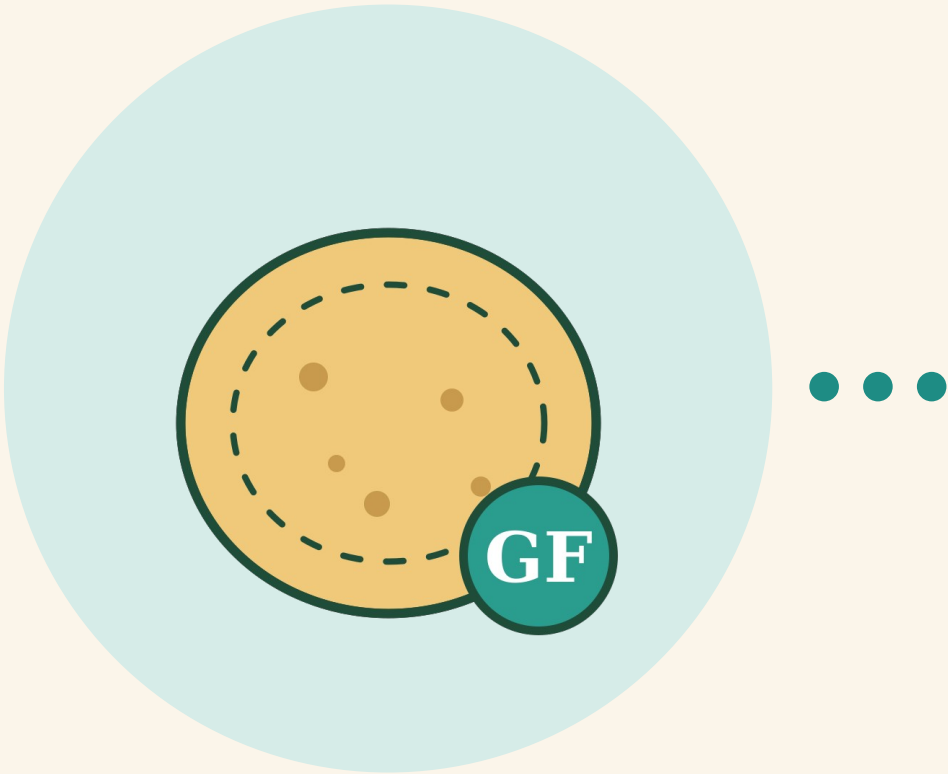
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Budget-friendly

Pound for pound, one of the cheapest proteins in the store.

Soft Corn Tortillas

1 pack · soft, not crunchy



1

Gluten-free

Made from corn, not wheat, so they're safe for people with celiac disease or gluten sensitivity.

2

Whole corn

Corn masa brings a little fiber along with the carbs that fuel you.

3

A little protein

Not a lot, but it adds to the protein in the beans.

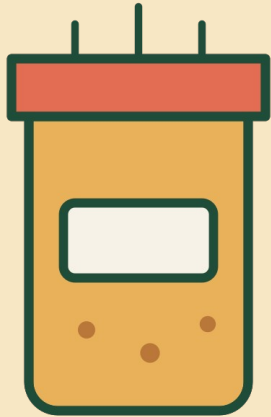
4

Built by tradition

Corn is soaked in an alkaline solution (nixtamalized), which unlocks niacin, a B vitamin, for your body to use.

Adobo Seasoning Blend

Your house blend



1

Flavor, not sugar

All of the taste with none of the added sugar in bottled sauces.

2

You control the salt

Mixing your own blend means you decide how much goes in.

3

Plant compounds

Herbs and spices carry antioxidants, the same compounds that give them color and smell.

4

Rule #1 in action

Season the beans and the vegetables the way you'd season meat.

INGREDIENT 04 OF 11

Olive Oil

2 tbsp



1

Unsaturated fat

The kind of fat linked to better heart health.

2

Unlocks vitamins

Vitamins A, D, E, and K need fat to be absorbed. The oil carries them in.

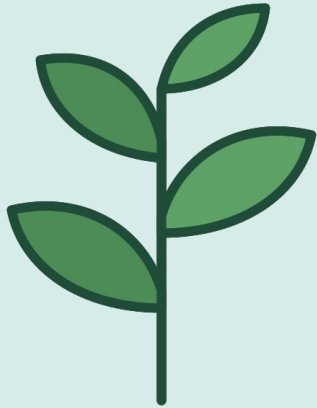
3

Carries flavor

Many flavor compounds dissolve in fat, so the seasoning spreads across the whole pan.

Arugula

A few handfuls · or your favorite greens



1

Vitamin K

Helps your blood clot and your bones stay strong.

2

Folate

A B vitamin your body uses to build new cells.

3

Peppery bite

That kick comes from natural sulfur compounds in the leaf.

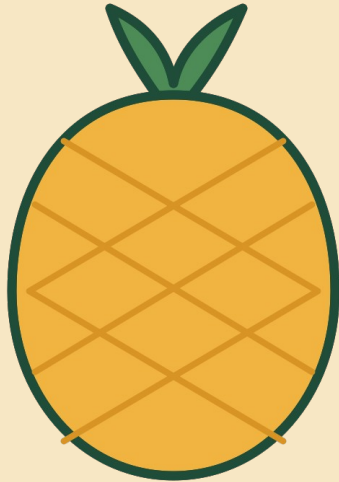
4

Volume, few calories

Fills the taco without weighing it down.

Pineapple

1 can rings · for the salsa



1

Vitamin C

Supports your immune system and helps you absorb the iron from the beans.

2

Bromelain

An enzyme that breaks down protein, the same job your stomach enzymes do.

3

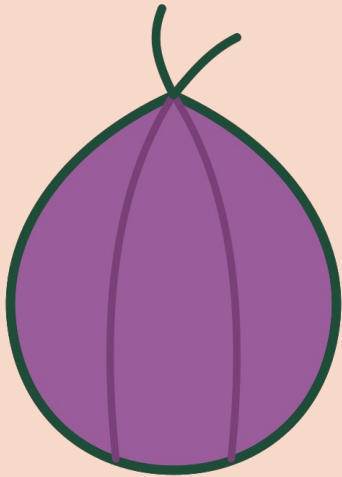
Natural sweetness

Balances the salt and the spice without added sugar.

INGREDIENT 07 OF 11

Red Onion

¼ onion, diced



1

Quercetin

An antioxidant that's concentrated in the purple outer layers.

2

Prebiotic fiber

Food for the good bacteria living in your gut.

3

Flavor base

Sharp raw, sweet when it cooks. Either way it builds the salsa.

Roma Tomatoes

2, *diced*



1

Lycopene

The antioxidant behind the red color. Your body absorbs it better with a little fat.

2

Vitamin C

Teams up with the lime and the pineapple in this salsa.

3

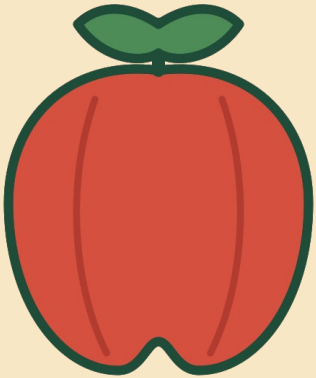
Mostly water

Hydration plus the juice that makes salsa, salsa.

INGREDIENT 09 OF 11

Red Bell Pepper

½, diced



1

Loaded with vitamin C

Ounce for ounce, more vitamin C than an orange.

2

Beta-carotene

Your body turns it into vitamin A for your eyes and skin.

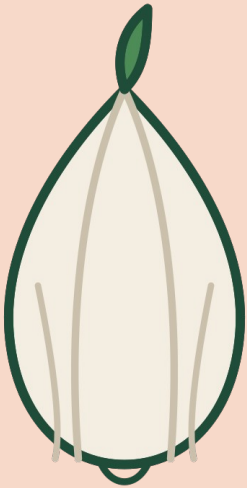
3

Color = compounds

Red means it ripened longer, so it's sweeter and more nutrient-dense.

Garlic

2 cloves, minced



1

Allicin

The sulfur compound that forms when you chop or crush a clove. It's the smell and the science.

2

Flavor without salt

Big taste for zero sodium.

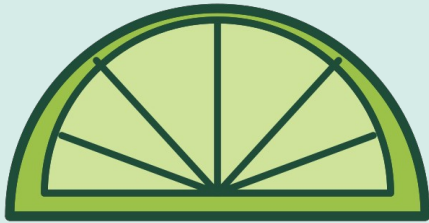
3

Studied for heart health

Researchers keep looking at garlic's compounds and blood pressure.

Lime

1, squeezed



1

Vitamin C

Helps your body absorb the iron from the black beans.
Squeeze it on.

2

Acid brightens

Sour balances salt, so you need less of it.

3

Keeps it fresh

The acid slows browning and keeps the salsa looking alive.

PUT IT TOGETHER

Ingredients Work as a Team



Lime + black beans

Vitamin C from the lime helps your body absorb the iron in the beans. Squeezing the lime isn't just for flavor.



Olive oil + tomatoes

Lycopene and vitamins A, D, E, and K need fat to be absorbed. The oil carries them in.



Pineapple + protein

Bromelain in pineapple breaks protein apart, the same job the enzymes in your gut are doing.

What This Taco Brings You

Protein

Black beans and a little from the tortillas

Fiber

Beans, corn, vegetables, and greens

Healthy fat

Olive oil, which also unlocks vitamins

Vitamins & minerals

C, A, K, folate, iron, and more

Flavor

Adobo blend, garlic, lime, and pineapple

Gluten-free

Corn tortillas keep the whole plate gluten-free

NOW LET'S COOK

You know what every ingredient does.

*Season the beans and the vegetables like
you'd season meat.*

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