

Squash Flower Taco – Taco de flor de calabaza

Ingredients (quantities for one taco, multiply accordingly for more than one)

3 squash flowers, freshly picked (*Cucurbita pepo*, such as pumpkin or zucchini)
1 tbsp onion; peeled and finely chopped
1 tsp oil
1 corn tortilla; freshly made or warmed
Salt, to taste

Optional: fresh epazote (or thyme) leaves and serrano peppers

Wash and drain flowers. Remove stem, sepals and central stamen; discard. Separate the petals and base into sections:



Slice cleaned flowers into ribbons (three flowers measure approximately 1/4 cup). Warm up oil in a pan over medium heat; sauté onions until translucent. Turn heat off, then add the flowers and stir quickly. If using fresh herbs (such as epazote or thyme) chop and add at this point. Remove from heat promptly as soon as the flowers have started to wilt. Transfer to a warm corn tortilla and sprinkle with salt, to taste; as an option, it may be spiced up with serrano peppers before rolling, or roll just with the squash flower filling inside, and serve some slices of serrano pepper on the side:

