

Soft Tacos With Potatoes and Greens

By MARTHA ROSE SHULMAN

These tacos are comforting and filling, a great destination for greens. If you want to save time, use washed, stemmed greens that come packaged by the pound. You'll need a little less than half of a one-pound bag. This filling isn't spicy, so if you want spice serve it with salsa (my preference would be a green salsa).

6 cups tightly packed, coarsely chopped Swiss chard leaves or other greens such as kale, collards, mustard greens, washed well (about 6 ounces leaves)

1 pound red boiling potatoes, scrubbed and cut in 1/2-inch dice

1 tablespoon extra virgin olive oil

1 medium onion (about 5 ounces), preferably a white onion, halved and thinly sliced across the grain (about 1 cup)

Salt to taste

2 garlic cloves, minced

1/4 to 1/2 teaspoon dried oregano, preferably Mexican

1/2 cup plain low-fat yogurt

1 teaspoon cornstarch

Freshly ground pepper

2 ounces crumbled Mexican queso fresco or feta (optional)

12 corn tortillas

Green salsa (optional)

1. Heat 1 inch of water to a boil in the bottom of a steamer. I use a [pasta](#) pot with an insert for this — it's very efficient. Place the greens in the top part of the steamer, in batches if necessary, and steam until the leaves have collapsed, three to five minutes. (I suggest five minutes for sturdy greens like kale, turnip, mustard and collards, a little less

for chard.) Remove from the steamer, rinse with cold water, squeeze out extra water and chop coarsely. Set aside.

2. Add the potatoes to the steamer, and steam 10 minutes until tender. Remove from the steamer and set aside. Wrap the tortillas in a heavy kitchen towel, and place in the steamer basket. Cover tightly, steam one minute and turn off the heat. Allow to sit for 15 minutes without uncovering while you finish preparing the filling.

3. In a small bowl, combine the cornstarch and 2 tablespoons water, and stir until the cornstarch is dissolved. Stir into the yogurt and set aside.

4. Heat the olive oil over medium heat in a large, heavy skillet, and add the onion. Cook, stirring often, until it begins to soften, then turn the heat to medium-low and continue to cook until lightly colored, about 10 minutes in all. Add a generous pinch of salt, and stir in the garlic and oregano. Cook, stirring, until fragrant, 30 seconds to a minute. Stir in the greens and potatoes. Stir together for about five minutes, season with salt and pepper, and remove from the heat. Stir in the yogurt. Taste and adjust salt and pepper. Place two or three tortillas on each plate, top with the filling, sprinkle with cheese if using and fold the tortillas over the filling. Enjoy, passing the salsa on the side.

Yield: Twelve tacos, serving four to six.

Advance preparation: You can make the filling up to a day ahead, but don't add the yogurt until you reheat it.

Nutrition information per taco (does not include optional ingredients): 86 [calories](#); 2 grams total fat; 0 grams [saturated fat](#); 1 milligram [cholesterol](#); 16 grams [carbohydrates](#); 2 grams [dietary fiber](#); 70 milligrams sodium (does not include salt added during cooking); 3 grams protein