

Just for the Health of It: Home Edition



Hibiscus Tacos

INGREDIENTS

2 cups dried hibiscus flowers
3 cups water
1 tablespoon olive oil
1/2 onion, diced
4 cloves garlic, minced
1/4 teaspoon chili powder
1/2 teaspoon cumin
1/2 teaspoon coriander

1 tsp onion powder
1 tsp garlic powder
1 tsp oregano
1 tsp smoked paprika
1 tsp sea salt
1/2 tsp black pepper
tortillas or taco shells
toppings of choice

DIRECTIONS

- **Wash hands thoroughly with soap and water.**
- **Preheat oven to 400°F.**
- **Gently rub produce under cold running water before preparing.**
- Rinse the hibiscus flowers under cold running water for 4-5 minutes until the water is light pink.
- In a medium saucepan, bring water to a boil. Boil the hibiscus for 10-15 minutes or until tender. Remove pot from heat, cover, and let steep for 60-90 minutes.
- Drain the hibiscus and reserve water for tea if desired.
- In a skillet over medium heat, add oil and onion. Cook until onion are tender.
- Add minced garlic and cook for an additional 1-2 minutes.
- Add hibiscus and all remaining seasonings. Stir and continue to cook for 5 minutes.
- Serve as the filling for burritos, tacos, or salads with toppings of your choice.

Recipe idea adapted from Tasty

For more information about the University of Georgia
Cooperative Extension, contact us at:



Bibb County Extension
145 1st Street
Macon, Georgia 31201
(478) 751-6338
uge2021@uga.edu
extension.uga.edu/Bibb

Clayton County Extension
1262 Government Circle
Jonesboro, Georgia 30236
(770) 473-3945
ClaytonExtension@uga.edu
extension.uga.edu/Clayton