



Taco in a Cup

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Prep Time: 15-20 min.

Cook Time: 5 min.

Yields: 8 servings

Serving Size: ½ cup taco mix

INGREDIENTS:

- 1 Can fat-free refried beans (31 oz)
- 1 tbsp. Water
- 1 cup Romaine lettuce, chopped
- 1 cup Kale, chopped
- 2 Avocados, diced
- 1 Garlic cloves, minced
- 1 Lime, quartered
- ½ Small red onion, small diced or minced
- 6 Roma tomatoes, medium diced
- ½ Bunch cilantro, rough chopped
- 1 cup Low-fat shredded cheddar or Mexican blend cheese
- ½ Bunch of green onions, thin sliced
- 1 Container fat-free sour cream (8 oz)
- 1 Can of sliced olives, drained (2.25 oz)
- 1 tbsp Taco seasoning, low sodium
- 8 Plastic tumblers (9 oz)
- WHOLE - grain tortilla chips

DIRECTIONS

1. Heat the refried beans, stirring frequently. Add 1 tbsp. of taco seasoning and 1 tbsp. water.
2. Mix romaine and kale together.
3. To make guacamole: Mash 2 avocados with fresh minced garlic and juice of 1 lime.
4. To make pico de gallo: Combine diced red onion, tomatoes and rough chopped cilantro.
5. In the tumblers, layer the ingredients in the following order: ¼ cup of refried beans, followed by ¼ cup of lettuce & kale mix, 2 tbsp. of cheese, 2 tbsp. pico de gallo, 2 tbsp. guacamole, 2 tbsp. sour cream. Top with 2 tsp. olives and 1 tsp. sliced green onion
6. Serve with WHOLE- grain tortilla chips.

Healthy Tip!

People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Beans are not only a great source of fiber but lean protein as well.



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