

Build Your Own Taco

Children will love to pile on healthy beans and greens to these tacos.

Serves 6



Ingredients

- 1 cup salsa
- 1 cup water
- 1 cup brown rice
- 12 corn tortillas
- 1 15-ounce can beans (black, pinto, red or kidney)
- 1 cup shredded lettuce
- 1 cup cheese, grated
- ½ cup low-fat sour cream

Nutrition Facts

Serving Size about 2 tacos

Servings Per Container 6

Amount Per Serving

Calories 330 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 85mg **4%**

Total Carbohydrate 52g **17%**

Dietary Fiber 10g **40%**

Sugars 0g

Protein 14g

Vitamin A 15% • Vitamin C 10%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Add salsa and water to pan and bring to boil.
2. Add rice, reduce heat to low, cover, and simmer approximately 45 minutes or until all water is absorbed.
3. Rinse and drain beans. Heat or serve cold.
4. Moisten tortillas with water and heat on medium high in non-stick skillet or griddle for 2 minutes.
5. Flip tortillas and heat another 2 minutes.
6. Set out tortillas, rice, beans, lettuce, cheese and sour cream. Let everyone build their tacos how they like them.

Please note: nutritional values are approximate.

