

HAVE-IT-YOUR-WAY TACOS

INGREDIENTS

- 1 pound lean ground beef (90% lean or higher, or lean ground turkey)
- 12 taco shells
- 1 15 ½-oz can black beans, drained and rinsed
- 1 cup shredded reduced-fat cheddar cheese
- 1 cup frozen corn kernels, thawed
- 1 medium carrot, peeled and shredded on the large holes of a box grater (about ½ cup)
- ½ cup salsa
- ½ cup chopped fresh cilantro, optional
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- Fresh cilantro, shredded cheese, diced tomato, avocado, lettuce, salsa, low-fat plain Greek yogurt (optional)

DIRECTIONS

1. Heat oven to 350° F.
2. Place a large nonstick skillet over medium-high heat. Add the meat and cook, breaking up the large pieces, until no longer pink, about 5 minutes. Drain excess fat.
3. While meat is cooking, bake the taco shells according to package directions.
4. When the meat is done, add the beans, cheese, corn, carrot, salsa, cilantro (if desired), cumin, chili powder, and garlic powder, and stir to combine. Cook until the cheese melts and the mixture is heated through, about 2 minutes.



Nutrition Information: Calories: 234; Total fat: 16g; Cholesterol: 294mg; Sodium: 290mg; Total carbohydrates: 6g; Protein: 17g.

5. Spoon 3 to 4 tablespoons of the meat filling into each of the 12 taco shells; let everyone at the table add their own optional toppings.