

Lettuce Wrapped Street Tacos

Ingredients:

- 1 pound ground beef
- 1 dry taco seasoning packet
- ½ cup water

- 1 (8 oz.) can corn, drained
- 1 (15 oz.) can black beans, rinsed and drained
- 1 head butter lettuce
- 1 tomato, chopped
- 1 cup shredded cheddar cheese
- ¼ cup plain Greek yogurt

Instructions:

1. Pull lettuce leaves off of stalk and rinse well. Place on towel and set aside.
2. Crumble ground beef in bowl. Cover and cook in microwave for 5 minutes on high. Drain, and stir in taco seasoning packet with ¾ cup water. Cover and cook in microwave for another 3-4 minutes on high.
3. Fill each lettuce leaf with ground beef, corn, black beans, and tomato. Top with shredded cheese and plain Greek yogurt.

Variations:

- Swop ground beef for chicken, turkey, or tofu
- Use any type of cheese! White cheddar, mozzarella, gouda!
- Add avocado for more greens and extra flavor
- Top with sriracha for added spice

Prep Time: 15 minutes

Equipment:

- Mixing bowl
- Measuring cups and spoon
- Paper Towels

Servings: 4

Serving Size: 2 tacos



Nutrition Facts: 322 Calories, 10g Fat, 1g Saturated Fat, 50 g Carbohydrates, 9 g Protein, 9 g Fiber, 16 g Sugar, 185 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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