



A Nutrition Resource

CREATE YOUR OWN TACOS

Yield: 4 Servings | Serving Size: 2 tacos

Cost/Serving: \$2.34

Ingredients:

Shell/Tortilla

- Taco shells
- Corn tortillas
- Whole wheat tortillas
- Tortilla chips

Protein

- Lean ground beef or Basic Meat Mix
- Ground turkey
- Refried beans (or refried black beans)
- Cooked black beans (or canned, drained, and rinsed)
- Cooked pinto beans (or canned, drained, and rinsed)

Vegetables

- Tomatoes
- Lettuce
- Onions
- Green peppers
- Zucchini
- Mushrooms
- Avocado

Extra

- Cheese
- Sour cream
- Taco sauce
- Hot sauce
- Salsa
- Olives

Spices

- Paprika

Nutrition Facts

4 servings per container
Serving size 2 tacos (250g)

Amount per serving
Calories 290

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 320mg	14%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 131mg	10%
Iron 2mg	10%
Potassium 216mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION



A Nutrition Resource

Cumin
Chili powder
Red pepper flakes

Directions:

- 1) Warm taco shells or tortillas in a 350°F oven for 5 minutes.
- 2) Cook the meat or warm the beans. Stir in spices.
- 3) Prepare vegetables and extras (chop the tomatoes, shred the lettuce, etc.). You may want to lightly sauté some of the vegetables.
- 4) Let each family member choose from the ingredients available. Choose a shell/tortilla, protein, lots of vegetables, and a little bit of the 'extras'.

Variation: Use tortilla chips and create a taco salad instead of regular tacos.

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.