

# Have-It-Your-Way Tacos

Makes 6 Servings

- 1 pound lean ground beef (90% lean or higher)
- 1 large carrot, peeled and shredded (about 1 cup)
- 12 taco shells
- One 15 1/2-ounce can black beans, drained and rinsed
- 1 1/2 cups preshredded reduced-fat Cheddar cheese
- 1 cup salsa
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder

Optional Toppings: Diced avocado, diced tomato, shredded lettuce, reduced-fat sour cream, sliced black olives



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

\*Serve in taco shells or serve as a dip with healthy tortilla chips on the side.

**Nutrition Information per serving:** 320 calories, 12g fat (4.5g saturated), 520mg sodium, 29g carbohydrates, 5g fiber, 27g protein, 240mg calcium, 110% vitamin A.

## Kitchen Notes

- ◆ To make this recipe vegetarian, use meat-free grounds in place of ground beef. The grounds, made from soy, are low in fat and saturated fat and mimic the flavor and texture of beef.
- ◆ Avocados are rich in heart-healthy monounsaturated fats as well as fiber, vitamin E, vitamin C, and magnesium – a mineral which research shows may reduce the risk of heart disease, stroke, and type 2 diabetes.
- ◆ Vitamin A-rich carrots are members of the parsley family. They are best stored in a plastic bag in the vegetable crisper away from apples, which emit ethylene gas that can give carrots a bitter taste.
- ◆ Many store-bought taco shells are made with partially hydrogenated vegetable oils. That means the shells contain bad-for-you trans fats. Look for taco shells made without hydrogenated oils. Our two favorites are Bearitos and Garden of Eatin'.



## Nutrition IQ

Children need anywhere from 30 to 40 grams of protein a day, which is easier to get than you might think. An 8-ounce glass of milk has 8 grams, 2 ounces of pasta has 7 grams, 1/2 cup black beans has 6 grams, and a cup of yogurt has 7 grams.