

Sweet & Savory Tacos

Makes
4 tacos

Prep time
5 minutes

Cook time
5 minutes

Good source of Protein

For Sweet Fruit Tacos:

- 4 whole wheat tortillas
- ½ cup low- or non-fat vanilla yogurt, or fat-free whipped topping
- ½ cup grapes, cut in half
- ½ orange, peeled & diced
- ½ apple, diced
- 1 banana, sliced

For Savory Tacos:

- ½ lb. lean ground beef
- ½ packet taco seasoning
- ¼ cup water
- 4 whole wheat tortillas
- 1 cup shredded lettuce
- 1 tomato, diced
- ½ cup shredded cheese

Nutrition Facts

4 servings per container
Serving size 1 taco (166g)

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 159mg	10%
Iron 1mg	6%
Potassium 359mg	8%

*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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions for Sweet Fruit Tacos:

1. Warm tortillas in a pan over medium heat. Remove.
2. Spread about 1 tablespoon of yogurt or whipped topping on tortilla, leaving about ¼-inch space around all the edges.
3. Top with diced fruit, and fold in half.
4. Repeat with remaining ingredients.
5. Refrigerate any leftovers.

Directions for Savory Tacos:

1. In a pan or skillet over medium-high heat, add ground meat and cook until brown. Drain off any grease.
2. Return to heat. Add taco seasoning and water.
3. Continue to cook until water is gone and meat is thoroughly mixed with seasoning. Remove from heat and set aside.
4. Fill each tortilla with about ¼ cup of meat, shredded lettuce, tomato, and 1 tablespoon of shredded cheese, and fold in half
5. Repeat with remaining ingredients.
6. Serve hot. Refrigerate any leftovers.

