

# Terrific Bean Tacos

**Makes:** 8 Servings

Did you know? Beans and peas are considered part of the Protein Foods Group and the Vegetable Group.

## Ingredients

- 1 onion (small, chopped)
- 2 **teaspoons** vegetable oil
- 1 **can** low-sodium refried beans (about 16 ounces)
- 8 taco shells or flour tortillas (wheat or white)
- 1 **cup** low-fat cheese like cheddar (shredded)
- 1/4 lettuce (head, chopped)
- 2 tomatoes (medium, chopped, or 1 cup canned low-sodium diced tomatoes, drained)
- 2 **tablespoons** Taco sauce or salsa (if you like)

## Directions

1. Cook chopped onion in vegetable oil in skillet.
2. Stir in refried beans. Heat thoroughly.
3. Spread refried bean mixture in taco shell or on tortilla.
4. Sprinkle with shredded cheese, chopped lettuce, and tomatoes. If using taco sauce or salsa, add that too.

Recipe adapted from SNAP-ED Connection Recipe Finder

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	207	
Total Fat	9 g	
Protein	12 g	
Carbohydrates	19 g	
Dietary Fiber	4 g	
Saturated Fat	3 g	
Sodium	295 mg	