

Breakfast Tacos

4 Servings • 1 Serving = 2 Tacos



INGREDIENTS

- 4 Roma tomatoes
- ¼ red onion
- 1 jalapeño
- 2 Tablespoons cilantro
- 1 Tablespoon lime juice
- 8 - 6" wheat tortillas
- 2 cups nonfat refried beans
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon black pepper
- 1 teaspoon salt
- 2 cups cheddar cheese, shredded

DIRECTIONS

1. Dice the tomatoes and add to the bowl.
2. Dice the onion and add to the bowl.
3. Seed and mince the jalapeño and add to the bowl.
4. Chop the cilantro and add to the bowl.
5. Add lime juice to the bowl and mix ingredients to combine. Set aside.
6. On a warm skillet, heat the tortillas. Set aside.
7. In a bowl, combine beans, garlic powder, onion powder, pepper, and salt. Mix well.
8. Heat the beans in a saucepan over medium-low heat until warm.
9. Add ¼ cup nonfat refried beans to each tortilla.
10. Top each taco with ¼ cup cheese and 2 Tablespoons pico de gallo.

Nutrition Facts

servings per container
Serving size (247g)

Amount per serving
Calories 460

% Daily Value*

Total Fat 13g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1030mg	45%
Total Carbohydrate 58g	21%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 590mg	45%
Iron 4mg	20%
Potassium 437mg	10%

*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.

Recipe developed by San Antonio Independent
School District - Child Nutrition Services

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