

Build Your Own Tacos







Food Groups:

Dairy

Protein

Vegetables

Grains

-   2 cups leftover chicken, diced (**OR** 2 5-ounce cans chicken)
-  ½ cup salsa
- 1 recipe Guacamole
-  ½ cup grated low-fat cheese (cheddar **OR** Monterey jack)
- 1 tomato, diced
-   2 cups lettuce, chopped
- 8 small corn **OR** whole wheat tortillas

1. Wash your hands.
2. Dice chicken. Put in a bowl and stir in salsa. Cover with plastic wrap. Set aside.
3. Prepare the guacamole.
4. Dice the tomato. Place in a bowl.
5. Chop tomato. Place in a bowl.
6. Place grated cheese in a bowl.
7. Heat the chicken/salsa in the microwave for one minute. Stir. Heat 30 more seconds.
8. Place tortillas on a plate. Cover with plastic wrap and microwave for 30 seconds.
9. Assemble the taco: ¼ cup chicken, spoon guacamole, spoon grated cheese, spoon tomato and ¼ cup lettuce.

Makes 4 servings (serving size = 2 tacos)

Guacamole

Food Groups:
Vegetables
Fruit

2 large ripe avocados

 2 tablespoons finely diced red onion

juice of 1/2 lime



1/8 teaspoon salt, plus more to taste

pinch of black pepper

1. Wash your hands.
2. Slice, pit, and scoop the avocados into a mixing bowl. Use a fork to mash the avocados to your preferred consistency.
3. Add the red onion, lime juice, salt, and pepper to the mixing bowl. Stir until well combined.
4. Give the guacamole a taste and adjust the amount of salt, lime juice, etc. to your liking if needed.

Guacamole with Veggies

Food Groups:
Vegetables

-  ¼ cup Guacamole
-  1 cup vegetables: Options - Sugar snap peas, carrot sticks, celery sticks, cucumber slices

1. Wash your hands.
2. Prepare the Guacamole.
3. Cut the vegetables. Place the veggies on a plate.
4. Measure out ¼ cup guacamole
5. Serve the veggies with the guacamole as a dip.

1 serving = ¼ cup Guacamole and 1 cup veggies

Avocado Toast

Food Groups:
Vegetables
Grains

 1/4 cup Guacamole

1 slice whole wheat toast

 Option: 2 tablespoons tomato, diced

1. Wash your hands.
2. Prepare the Guacamole.
3. Dice the tomato.
4. Toast the bread. Spread $\frac{1}{4}$ cup of guacamole on the toast.
5. Sprinkle the guacamole with the diced tomato.

1 serving

Grocery List

- 2 cans chicken **OR** leftover chicken (2 c.)
- Salsa
- Grated low-fat cheddar **OR** Monterey Jack
- Tomato
- Lettuce
- Small whole wheat **OR** corn tortillas
- 2 large avocados
- Small red onion
- Lime
- Salt
- Black pepper
- Option: whole wheat bread, 1 tomato
- Option: choice of vegetables – sugar snap peas, carrot sticks, celery sticks, cucumber slices

Equipment List

- Microwave
- Can opener
- Medium bowl (2)
- Bowls for diced tomatoes, chopped lettuce, cheese
- Fork
- Cutting Board
- Cutting Knife
- Measuring cups
- Measuring spoons
- Spoon for mixing
- Large soup spoon
- Butter knife
- Plastic wrap
- Option: Toaster