**WALKING TACOS**

Time: 5 minutes / Servings: 1

**INGREDIENTS**
- 1 Single serve bag of chips
- 2 Tbsp salsa
- 1 Tbsp guacamole
- ¼ cup black beans
- 1 Tbsp sour cream/plain yogurt
- ½ cup shredded lettuce
- 1 Tbsp shredded cheese

**DIRECTIONS**

1) Open bag of chips  
2) Crush chips to bite-sized pieces  
3) Top with toppings and mix if desired  
4) Enjoy with a fork or spoon!

**NUTRITION FACTS (PER SERVING):**

Calories: 280 Total Fat: 14g Saturated Fat: 3g Cholesterol 0mg Sodium: 481mg Potassium: 331mg Carbohydrates: 31g Fiber: 7g Sugars: 3g Protein: 10g Vitamin A: 8%  
Vitamin C: 4% Calcium: 5% Iron: 7%

Recipe adapted from: [http://thelatinahomemaker.com/game-day-recipe-walking-tacos/](http://thelatinahomemaker.com/game-day-recipe-walking-tacos/)