

Cooking with the DIETITIANS

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/>

A collaboration with USF Dining



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