



The Be Fit Minute

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TACO TIPS, WHEN YOU'RE SHORT ON TIME

Tacos are fast to assemble and act as great vehicles for vegetables. The suggestions listed below require minimal cooking. Plus the variety of ingredients means you can mix and match for breakfast, lunch, or dinner. Though the portions are listed for one, they can easily be quadrupled to feed a foursome.

<p style="text-align: center;"><u>Select a Taco Type</u></p> <p> Corn tortilla (soft): Look for shells 6-inches in diameter (they have about 40 to 50 calories each).</p> <p> Corn tortilla (hard): Hard shells add a satisfying crunch. Two shells are equal in calories to one 8-inch flour tortilla.</p> <p> White flour tortilla: Look for the 8-inch variety (it contains about 130 calories) and is a better option than the 12-inch, which is roughly equivalent to eating 3 slices of bread.</p> <p> Whole wheat tortilla: Similar to the white version above, but contains a healthy dose of fiber (about 3 grams per tortilla).</p>	<p style="text-align: center;"><u>Prep Your Corn Taco</u></p> <p>Corn tortillas benefit from a little warming prior to filling.</p> <p>Soft corn tortillas: In a pan on medium heat, warm on each side with a little oil. Or steam them in the microwave in a damp paper towel.</p> <p>Hard corn tortillas: Warm in a 325 degree oven for about 5 minutes to crisp them up.</p>
<u>Taco Recipes</u>	
<p>1 white tortilla + 1 (scrambled or over easy) egg + ¼ cup black beans + 2 tbsp salsa + 2 tbsp cheddar cheese + cilantro</p> <p style="text-align: center;">  +  +  +  +  +  </p> <p style="text-align: center;"><i>provides 340 calories, 16 grams fat (6 grams saturated), 38 grams carb, 5 grams fiber, 16 grams protein</i></p>	
<p>2 hard tortillas + ½ cup refried bean + ½ tomato + 1 tbsp red onion + 1/3 avocado + 2 radishes + 2 tbsp feta + lime</p> <p style="text-align: center;">  +  +  +  +  +  +  +  </p> <p style="text-align: center;"><i>provides 350 calories, 17 grams fat (4 grams saturated), 40 grams carb, 10 grams fiber, 11 grams protein</i></p>	
<p>1 wheat tortilla + ¼ cup roast pepper + ¼ cup corn + ¼ cup cheese + 1 tbsp sour cream + lettuce + scallion + jalapeño</p> <p style="text-align: center;">  +  +  +  +  +  +  +  </p> <p style="text-align: center;"><i>provides 315 calories, 16 grams fat (8 grams saturated), 34 grams carb, 6 grams fiber, 11 grams protein</i></p>	
<p>2 soft tortillas + 4 shrimp + ½ cup pineapple + ¼ cup shredded cabbage/carrots + ½ avocado + 2 tbsp salsa + lime</p> <p style="text-align: center;">  +  +  +  +  +  +  </p> <p style="text-align: center;"><i>provides 330 calories, 12 grams fat (2 grams saturated), 42 grams carb, 11 grams fiber, 14 grams protein</i></p>	

Note: the suggested portions are provided to offer specific calorie information and are meant as a guide; feel free to adapt to meet your needs.