

Fish Tacos (Vegetarian Tacos)



Ingredients:

- 2 corn tortillas
- ½ cup black beans
- ½ cup vegetables (onions, squash, peppers) grilled in 2 tsp olive oil
- 1/8 avocado
- ¼ cup low fat cheese
- ¼ cup salsa
- ¼ cup shredded cabbage
- ¼ cup diced tomato

Directions:

In the center of each tortilla sprinkle half of each ingredient and top with salsa.

Calories 280 Total Fat: 11g Saturated Fat: 2g Fiber: 5g

Carbohydrate - vegetable 2

Fat - 1

Protein - 1

Carbohydrate Grain - 1

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