

MINI TACO BOWLS

Prep Time: 10 minutes Total Time: 25 minutes
Makes: 4 Servings 2 Taco Bowls Each

What you need

8 flour tortillas
1 lb. extra lean ground beef
1 cup thick 'n chunky salsa
½ cup low fat shredded cheddar cheese
2 cups chopped lettuce
1 cup chopped tomatoes
¼ cup low fat ranch dressing

Make it

1. Heat oven to 350 degrees Fahrenheit. Microwave tortillas on high 30 seconds. Press 1 tortilla into each of eight 2½" muffin cups. Carefully fold back edges of tortillas, leaving opening in center of each for filling. Bake 10 minutes.
2. Meanwhile brown meat in large skillet; drain. Stir in salsa; bring to boil. Reduce heat to medium-low; simmer 10 minutes. Spoon into tortilla bowls; top with remaining ingredients.

Nutrition Information

Calories	440	Carbohydrate	44g
Dietary Fiber	3g	Fat	15g
Protein	32g	Sodium	1200mg