



Fully Loaded Lettuce Tacos



1/2 of recipe (3 tacos): 283 calories, 9.5g total fat (4.5g sat. fat), 584mg sodium, 16g carbs, 4g fiber, 6g sugars, 31g protein

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Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

8 oz. raw extra-lean ground beef (at least 96% lean)
1/4 cup chopped onion
2 tsp. taco seasoning
Dash each salt and black pepper
1/3 cup fat-free refried beans
6 large iceberg or butter lettuce leaves
1/3 cup chopped tomato
3 tbsp. shredded reduced-fat Mexican-blend cheese
1/4 cup light sour cream
Optional toppings: chopped fresh cilantro

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, taco seasoning, salt, and pepper. Cook, stir, and crumble until beef is fully cooked and onion has softened, about 5 minutes.

Remove skillet from heat. Add refried beans, and mix well.

Fill lettuce leaves with beef mixture, tomato, cheese, and sour cream.

MAKES 2 SERVINGS

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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