



## Easy Cheesey Tacos

Don Poncho's Low Carb Low Fat Wraps (tortillas)  
1 Package 96% Lean Ground Beef  
3 TBSP EVOO – Extra Virgin Olive Oil  
Taco Seasoning  
Onions  
Fresh Diced Tomatoes  
Lettuce – Preferably Romaine  
Fat Free Refried Beans  
Black Beans – drained and rinsed  
Salsa  
Fat Free Sour Cream  
Part Skim Mozzarella and/or 2% Sharp Cheddar

Brown ground beef in a pan and drain off fat. Add in EVOO, Taco Seasoning, and a little water and mix. Combine all ingredients in Don Poncho's tortilla and enjoy!! If you want to save your grains for later, you can add some romaine lettuce and spinach and make a taco salad without the tortilla!!

FLT Servings: 1 Taco =  $\frac{1}{2}$  **Legume (assuming 1  $\frac{1}{2}$  TBSP fat free refried beans)**  
 $\frac{1}{2}$  **Legume (1/4 cup black beans)**  
**1  $\frac{1}{2}$  - 2 Proteins** (this depends largely on the amount of beef and cheese you put on your taco... remember  $\frac{1}{2}$  cup shredded cheese is 1 serving of protein!!)  
**1-2 Cat 1 Veggie** (depending on the lettuce/tomato/ salsa content)  
**1 Grain**