

- » 3 ounces (90 g) lean ground beef
- » salt and pepper to taste
- » 1 tablespoon (15 mL) taco sauce
- » 3 6-inch (15-cm) taco shells
- » 1 1/2 ounces (45 g) Cheddar cheese (grated)
- » 1 1/2 tablespoons (25 mL) onion (chopped)
- » 1 medium tomato (chopped)
- » 1 cup (250 mL) lettuce (shredded)

YIELD: 1 serving

EXCHANGE: 1 bread, 4 1/2 meat, 1 vegetable

CALORIES: 145

Brown beef over low heat. Add salt and pepper. Drain. Add taco sauce; mix well. Divide beef mixture evenly among warm crisp shells. Top with cheese, onion, tomato, and lettuce.

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