Every Day is Taco Tuesday!

Tacos are one of the best family meals because they can be made with a few affordable ingredients. And taco bars work for families with picky eaters!

Choose ingredients and follow the directions to make a tasty meal for four of two tacos each.

Protein

16 oz. or 1 pound, fully cooked

Boneless, skinless chicken breasts or thighs, sliced

Ground beef or steak, sliced Refried beans, black beans,

Refried beans, black beans, kidney beans or pinto beans

Slow-cooked meats like pernil or pot roast

Salmon fillet or canned salmon

Shrimp or white fish (tilapia, haddock, cod)

Roasted tofu slices or tempeh

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Vegetables

1-2 cups total

Shredded carrots

Thinly sliced cabbage or shredded lettuce

Quartered tomatoes

Sautéed peppers, onions, spinach, or collard greens

Leftover potatoes

Any seasonal or leftover veggies will work here!



Grains

8 total (1 per taco)

Corn tortillas Whole wheat tortillas



Shredded cheese

Low-fat sour cream or plain yogurt



Optional, to taste

Fresh cilantro

Chopped red onion

Lime or lemon juice

Guacamole or avocado slices

Pickled onions or cucumbers

Hot sauce

Quick and Easy Pickled Veggies



Cover sliced veggies (try onions or cucumbers) with equal parts water and vinegar + 1 tsp salt, 1 bay leaf and whole peppercorns.

Let sit for one hour!

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Directions:

- 1. Prepare your proteins and set aside. Wash and cut up your vegetables. If using canned or thawed frozen vegetables, defrost and drain them well. If using raw vegetables, cut into small, bite-sized pieces or thin slices
- 2. Assemble tacos by placing meats first, veggie mixture, and top with dairy and toppings.

Chef Tips:

- Soften up corn tortillas in a hot skillet for 1-2 minutes on each side or wrapped in a cloth towel and microwave for 1 minute.
- When in season, pico de gallo is a delicious topping. To make, chop 1 tomato, 1 onion, 1/2 jalapeno, juice from 1 lime, and a handful of cilantro and green onions and salt and pepper to taste.





Choosy eaters? Set up a taco bar to allow picky eaters to build their own taco

Crunched for time? Keep the pantry stocked with tortillas, and make tacos with whatever ingredients you have in your pantry, fridge or freezer.

Looking to save money? Buy proteins when on sale and freeze. Use frozen and canned veggies, but take advantage of good prices on fresh especially when in season.

Want to meal prep or "cook once, eat twice"? When making roasts, consider saving leftovers to use as your protein for tacos. Use leftover veggies, too!

Still have leftovers? Use a tortilla and fill it to make a burrito, or serve over greens for a taco salad.



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