

# 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 or two tacos each.



## Protein

16 oz. or 1 pound, fully cooked

+

## Vegetables

1-2 cups total

+

## Grains

8 total (1 per taco)

+

## Dairy

1/4 - 1/2 cup

+

## Toppings

Optional, to taste

Boneless, skinless chicken breasts or thighs, sliced

Ground beef or steak, sliced

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

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!**

Corn tortillas  
Whole wheat tortillas

Shredded cheese  
Low-fat sour cream or plain yogurt

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!

**continued >**

