

WONTON TACOS

Recipe from RAMC Dietitians

For Stage 3

Won Ton Tacos

Ingredients:

1lb ground sirloin
1 diced shallot
1 packet of taco seasoning
 $\frac{3}{4}$ cup water
 $\frac{3}{4}$ can of pinto beans (rinsed and drained)
12 won ton wrappers
 $\frac{1}{4}$ cup shredded cheese
4 tablespoons of salsa
2 tablespoons plain Greek yogurt

Instructions:

1. Preheat oven to 375 degrees
2. Cook sirloin with diced shallots in pan while mincing beef
3. Drain beef and onions. Rinse under warm water in colander.
4. Return beef to pan.
5. Add $\frac{3}{4}$ cup water and packet of seasoning. Simmer.
6. Spray cupcake pan with olive oil.
7. Place sheets of won ton wrapper in each cup. Lightly spray tops of Won tons.
8. Bake empty won tons for 12 minutes or until light shade of brown.
9. Remove from oven and let cool.
10. Heat pinto beans in microwave for 60-90 seconds and mash until mostly smooth.
11. Spoon 1 TBSP beans into each won ton – press down softly.
12. Spoon 1 TBSP of seasoned beef and shallots into each wonton.
13. Sprinkle shredded cheese onto wontons and return them to oven to melt cheese.
14. Finish off by adding salsa and Greek yogurt. Enjoy.

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 99	
	% Daily Value *
Total Fat 3 g	4 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 13 mg	4 %
Sodium 455 mg	19 %
Potassium 112 mg	3 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 2 g	8 %
Sugars 1 g	
Protein 6 g	13 %
Vitamin A	2 %
Vitamin C	1 %
Calcium	7 %
Iron	6 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

