

Membership Appreciation Week Recipes

“Imposter” Tacos

1 package Morning Star Farms TVP
1 cup black beans
1 cup corn
1 package taco seasoning
2/3 cup water
1 package 8” tortilla’s (12 count)
12 oz reduced fat cheese

Chopped lettuce, tomatoes, black olives
Reduced fat sour cream

Heat TVP in skillet, over medium heat until heated thoroughly. Add packet of taco seasoning and 2/3 cup water. Mix until well blended. Simmer on low for approximately 4-5 minutes. Add black beans and corn. Let simmer until heated through, approximately 5 minutes.

Scoop ½ cup filling into tortillas, or corn shells.....garnish with cheese, lettuce, tomato, black olives and sour cream or any of the above condiments!

Serving with ½ cup filling, 8” tortilla shell and 1 oz reduced fat cheese:

Calories: 270

Fat: 6.5 grams

Saturated fat: 3.5 grams

Cholesterol: 16 grams

Carbohydrate: 34.5 grams

Fiber: 5 grams

Sugar: 1 gram

Protein: 18 grams