

National Nutrition Month



Veggie Tacos

INGREDIENTS & DIRECTIONS

- 1 can of Black Beans
- 1 can of Corn
- Romaine lettuce, chopped
- Sliced red onions
- Sliced jalapeno peppers
- A lime
- Shredded Cheese
- Tortillas
- Drain the canned beans and corn. Then cook them on the stove top with a teaspoon of butter for 5 minutes.
- Warm your tortillas on the stove top.
- Top your warmed tortillas with the cooked beans & corn
- Finish dressing your taco with the lettuce, onion, jalapenos, cheese and a squeeze of lime juice.