Soft Bean & Cheese Tacos

4 soft corn or flour tortilla
2 cup grated cheese
1 cup canned pinto beans, or canned vegetarian refried beans
2 tomatoes, chopped
4 lettuce leaves, chopped
2 Tablespoons salsa, if desired

Wrap each tortilla around 1/4 cup of the beans (or place in bottom of hard taco shell). Place on a cookie sheet and bake at 350° for 5 minutes, or until the cheese is melted. Top with tomato, lettuce and salsa, if desired.

Muffin Pizzas

1 English muffin, split in half
1/4 cup pizza sauce or spaghetti sauce
1 ounce mozzarella cheese, grated

Spread each muffin half with sauce and top with cheese. Bake at 350° for 5 minutes, or until cheese is melted.
Nutrition Facts

Servings Per Recipe 4
Amount Per Serving
Calories 215 29% of total calories from fat
Total Fat 7g Sodium 381mg
*Vitamin A 9% *Vitamin C 24%
*Calcium 18% *Iron 14%

* Percentage Daily Values

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Revised and Released by Kelly Cordray, MS, RD, LD, EFNEP Nutrition Specialist
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Nutrition Facts

Servings Per Recipe 2
Amount Per Serving
Calories 136 28% of total calories from fat
Total Fat 4g Sodium 399mg
*Vitamin A 6% *Vitamin C 6%
*Calcium 15% *Iron 6%

* Percentage Daily Values

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