



GREENS-BEANS TACOS

Ingredients:

Corn tortillas
Refried beans (I used non fat vegetarian)
Shredded sharp Cheddar and Monterey Jack cheese
Diced tomatoes
Green onions, sliced
Lettuce, chopped
Cilantro, chopped
Hot sauce or salsa

Directions:

- 1) Preheat the oven to 400 degrees.
- 2) Dip the corn tortillas in oil; place on a baking sheet and bake for 10 minutes or until golden brown and crispy.
- 3) While the tortillas are baking, heat the refried beans in a pan over medium heat, stirring occasionally.
- 4) Chop all the ingredients.
- 5) Layer the tortilla with beans, Cheddar or Monterey Jack cheese, and a salad of lettuce, tomatoes, green onions, and cilantro.
- 6) Serve with lime wedges and hot sauce or salsa. Enjoy.

Materials: can opener, baking sheet, skillet, oil, knives, cutting boards, cheese grater, corn tortillas, refried beans, cheddar and Monterey Jack cheese, tomatoes, green onions, lettuce, cilantro, hot sauce or salsa