SIMPLE TACOS
Servings: 6
Preparation Time: 25 Minutes
Note: you can substitute the lean meat or fish with beans and rice

INGREDIENTS
- 1 pound lean meat or fish of your choice
- 1 tablespoon oil
- 2 tablespoons lemon juice
- ½ package taco seasoning, or a mixture of salt, paprika, and chili powder
- 12 corn tortillas, warmed
- 2 cups cabbage, chopped thinly
- 2 cups salsa or tomatoes, chopped
 Optional
- 6 tablespoons low fat plain yogurt or sour cream

INSTRUCTIONS
1. In a medium bowl, combine the lean meat or fish, oil, lemon juice, and taco seasoning, and mix them well.
2. Pour the lean meat or fish mixture into a large pan.
3. Cook the meat or fish, stirring constantly, over medium-high heat for 4-5 minutes or until fully cooked.
4. Fill warmed tortillas with lean meat or fish mixture, and top with the cabbage, salsa or tomatoes, and sour cream or yogurt (optional). Sprinkle each taco with lemon juice.

Adapted from California Department of Public Health, Nutrition Education and Obesity Prevention Branch via EatFresh.org