

# AVOCADO TACOS / TACOS DE AGUACATE

From National Diabetes Education Program

<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=131&redirect=true#page9>

## **Ingredients**

- 1 medium onion, cut into thin strips
- 2 large green peppers, cut into thin strips
- 2 large red peppers, cut into thin strips
- 1 cup fresh cilantro, finely chopped
- 1 ripe avocado, peeled and seeded, cut into 12 slices
- 1½ cups fresh tomato salsa (see ingredients below)
- 12 flour tortillas
- Vegetable cooking spray

## **Fresh Tomato Salsa Ingredients**

- 1 cup tomatoes, diced
- ⅓ cup onions, diced
- ½ clove garlic, minced
- 2 tsp. cilantro
- ⅓ tsp. jalapeño peppers, chopped
- ½ tsp. lime juice
- Pinch of cumin

## **Instructions**

1. Mix together all salsa ingredients and refrigerate in advance.
2. Coat skillet with vegetable spray.
3. Lightly sauté onion and green and red peppers.
4. Warm tortillas in oven and fill with peppers, onions, avocado, and salsa. Fold tortillas and serve. Top with cilantro.

## **Exchanges per serving** (12 servings – 1 taco per serving)

- Bread 3
- Vegetable 1
- Fat 1 ½

Note: Diabetic exchanges are calculated based on the American Diabetes association Exchange System.

## **Nutrition information per serving** (12 servings – 1 taco per serving)

Calories: 270	Dietary Fiber: 5g
Calories from Fat: 80	Sugars: 4g
Total Fat: 8g	Protein: 7g
Saturated Fat: 2g	Vitamin A: 25%
Trans Fat: 0g	Vitamin C: 100%
Cholesterol: 0mg	Calcium: 10%
Sodium: 460mg	Iron: 15%
Total Carbohydrate: 43g	

\*Percent Daily Values are based on a 2,000 calorie diet.

