

Surf's Up Tacos

6 servings

The seasoning in these tacos hides the “fishy” taste of the tuna, leaving you with a low-cost and high-quality protein the whole family can enjoy.

- 1 (5 ounce) can of tuna, drained
- 1 (15.5 ounce) can red kidney beans, rinsed and drained
- 1 (11 ounce) can Mexi-corn, drained
- 1/3 cup mayonnaise
- 2 Tablespoons taco seasoning
- 2 Tablespoons lime juice or juice from 1 lime
- 2 cups lettuce, gently rubbed under cold running water (if not pre-washed), shredded
- 1 1/2 cups Cheddar cheese, shredded
- 1/2 cup salsa
- 12 Hard taco shells or whole grain tortillas

1. Wash hands with soap and water.
2. In a medium bowl, flake tuna with fork. Stir in beans, corn, mayonnaise, taco seasoning, and lime juice.
3. Place lettuce, cheese, and salsa in separate bowls.
4. Place taco shells on microwave safe plate. Microwave on HIGH for 1 minute. *
5. To eat, layer tuna mixture, lettuce, and cheese in shells/tortillas. Top with salsa.

*Microwaves may vary in power, so you may have to change the cooking time

Nutrition Information per Serving: (2 tacos or tortillas) Calories 240, Total Fat 12g, Saturated Fat 4g, Cholesterol 20mg, Sodium 510mg, Total Carbohydrates 24g, Dietary Fiber 6g, Sugars 3g, Protein 9g, Vitamin A 4%, Vitamin C 2%, Calcium 2%, Iron 2%.

