

## 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.
  6. Store leftovers in a sealed container in the refrigerator for up to four days.



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

**Nutrition Information per Serving: (2 tacos or tortillas)** Calories 400, Total Fat 19g, Saturated Fat 7g, Cholesterol 40mg, Sodium 510mg, Total Carbohydrates 39g, Fiber 6g Total Sugars 5g, includes 1g Added Sugars, Protein 19g, Vitamin D 0%, Calcium 25%, Iron 15%, Potassium 10%.