



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 highquality 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%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



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