WON-TACOS  
*(Mini Tacos with Won Ton Wrappers)*  
*Serves 6-8*  

1 lbs.  Ground beef, lean  
¼ Cup  Taco seasoning  
2 each  Green Bell Pepper, ¼” dice  
1 each  Medium onion, ¼” dice  
4 cloves  Garlic, minced  
30  Won-ton wrappers  
1 pkg  Mexican blended shredded cheese  
2 Tbsp.  Olive oil  
1 small head  Iceberg lettuce  

1. Mix taco seasoning with beef.  
2. Sauté minced garlic, diced onion, seasoned ground beef, bell pepper in 2 Tbsp. olive oil.  
3. Spray Pam on muffin tins (or brush lightly with oil).  
4. Place Won Ton wrappers in each cup in muffin tins, spray Pam on surface of Won Ton wrappers. Bake for 6-8 minutes at 350°F until golden brown.  
5. Fill with ground beef mixture.  
6. Top with shredded lettuce, cheese, Salsa Roja.  

**Salsa Roja**  

2 Tbsp Olive Oil  
1/2  Onion, minced  
1 clove  Garlic, minced  
1/2  Jalapeño, cored, seeded, and minced finely  
2 each Tomatoes, cored and diced  
1/2 each  Lime, zested and juiced  
1/4 cup  Cilantro, chopped (optional)  

1. Blend onions, and garlic, jalapeno, tomatoes, and lime zest and juice in a blender.  
2. Sauté in 2 Tbsp. olive oil in a pan on medium high heat for 2 minutes to reduce, then toss in cilantro and mix well.  
3. Serve 2 Tbsp. on top of eggs.  
4. Sprinkle with cheese and serve.
Won-Taco

• Baked fresh Won-ton wrappers substitute for taco shells
• A great vehicle for introducing choices of healthy fillings – lean ground beef or turkey, guacamole, salsa, shredded cheese, lettuce etc.

Won-Tacos

1. Lean ground beef

   a. Provides protein, iron, and zinc for a healthy body
   b. Protein essential for growth as well as repairing body tissues after exercise and when sick
   c. Complete and high quality protein - contains all 9 essential amino acids that our body needs
   d. Iron to transport oxygen in your body
   e. Zinc important for growth, immune system, wound healing, and to protect cells from damage
   f. Your body absorbs iron and zinc better from animal sources than plant sources
   g. Look for 90% lean and 10% fat. The % is based on weight (not calories or fat).
   h. USDA definition of lean meat: contains less than 10 g total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per reference amount customarily consumed and per 100 g. (100 g of Regular ground beef (70% lean, 30 % fat) contains about 15 g fat.)

2. Green bell pepper

   a. adds texture and color to the dish
   b. rich in vitamin C which enhances iron absorption
   c. phytochemicals (lutein) may help protect your eyes from damage
   d. phytochemicals (carotenoids) boost immune system

3. Won-ton wrappers

   a. starch provides energy
   b. baked instead of fried for a healthier taco shell
1. Cheese has calcium to build strong bones and teeth.
2. Salsa provides vitamins, minerals, and phytochemicals to keep your body strong.
3. The combination of protein, starch, dairy, and vegetables help your energy last longer.