



## LUNCH

Healthy Eating with the Y



### INGREDIENTS

- 2-3 6-inch) soft corn or whole-wheat flour tortillas
- 1/3 cup of your favorite shredded cheese
- 1/4 cup Quick Guacamole\* or store-bought fresh guacamole
- 2 tablespoons plain nonfat Greek yogurt
- 2 ripe tomatoes seeded, and chopped
- 1/4 small red or white onion, chopped
- 1/4 cup fresh cilantro
- Leftover protein of choice (steak, poultry, or pork, diced or shredded, or beans such as black or kidney)

#### \*Quick Guacamole Recipe

- 1 ripe Hass avocado, halved and seeded
- 1 lime, halved
- 1/2 teaspoon kosher salt
- 1/4 cup diced tomato

### TOOLS YOU'LL NEED

- Measuring cups
- Measuring spoons
- Chef's Knife
- Lunch box or food storage containers



## LEFTOVER LUNCHBOX TACOS

MAKES 1 SERVING

🕒 Prep time: 5 min

*One of the great things about leftovers is that they can be used in many different ways. Use your leftover proteins to create these yummy lunchbox tacos. Great add-ins include leftover corn, peas, carrots, and bell peppers. Use your imagination and foods that you enjoy to create a healthy and filling lunch option.*

### \*QUICK GUACAMOLE DIRECTIONS

1. Slice avocado in half, remove seed, and scoop the flesh from the shell with a spoon into a medium bowl.
2. Squeeze the lime juice over the avocado, add salt and mash it together.
3. Stir in tomatoes if desired.

### DIRECTIONS

1. Fold a small handful of your leftover meat inside each tortilla and sprinkle with cheese. (If you're using beans as your protein, add the cheese into tortilla, but put the beans in a separate lunchbox compartment so the tortilla won't get soggy.)
2. Pack tortilla in the largest compartment of the lunch box. Fill the other compartments with guacamole, yogurt, onion, cilantro, and the rest of your favorite toppings. Seal container and head off to work. This is great to make the night before and store in the refrigerator to easily grab in the morning! (If you don't have lunch box, use small food storage containers.)

3. Assemble your taco by placing a small amount of each ingredient into the center of the taco, fold up, and enjoy.

### Nutritional Information (per serving)

Calories: 776  
 Total Fat 36g  
 Saturated Fat: 9g  
 Carbs: 89g  
 Sugar: 12g  
 Protein: 29g  
 Cholesterol: 40mg  
 Sodium: 887mg