



Black Bean & Avocado Tacos

Crispy corn taco shells filled with seasoned black beans, guacamole, and Napa cabbage create a delicious vegetarian alternative that is packed with protein.

Prep Time: 20 min.

Cook Time: 40 min.

Yield: 57, tacos

INGREDIENTS

| | | | |
|-------|---|---------|--------------------------------|
| 1 pch | Santiago® Seasoned Vegetarian Black Beans, prepared | 1 lb | Scallions, chopped |
| 6 lb | Guacamole, packaged | 1 cup | Pine nuts, toasted |
| 3 lb | Napa cabbage, shredded | 57 each | Corn tortilla shells, pre-made |

INSTRUCTIONS

1. Prepare Santiago® Seasoned Vegetarian Black Beans according to package directions. Set aside.
2. Bake taco shells until warm.
3. Layer each with 3 Tbsp. guacamole, 2 Tbsp. cabbage, 1 Tbsp. scallions, 4 Tbsp. black beans and garnish with pine nuts. Serve.

NUTRITIONAL INFORMATION PER SERVING

Calories - 410

Fat - 16 g

Iron - 15 %

Vitamin A - 25 %

Protein - 14 g

Carbs - 56 g

Sodium -800 mg

SatFat - 6 g

Fiber - 14 g