



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Family Food Cent\$

## In this issue:

- Boost Your Taco Night Nutrition
- So Many Tacos, So Little Time
- Tacos for Breakfast

## Recipes:

- Fish Tacos
- Terrific Bean Taco
- Speedy Burritos
- Delicious Tacos



**March 2022**

## Boost Your Taco Night Nutrition

Tacos are a very common weeknight meal in many households. They are affordable, quick, easy to prepare, popular with kids, and often fulfill the majority of food groups from MyPlate. Portion control can be key with tacos. Shoot for 1-2 tacos per person, depending on the size and filling. One option for portion control would be to eat one taco with a shell and one without. There are many different types of tacos you can choose from, which keeps them fresh and interesting. Here are some ways to boost the nutrition in your taco night:



Choices	Benefits
Choose a healthy shell.	Best options are corn or whole wheat flour tortillas. Limit white flour tortillas. Instead of frying tortillas, bake them in the oven for a few minutes instead.
Skip the shell!	Try a taco salad served over your favorite lettuce or create a taco bowl served over rice/your grain of choice.
Make your own taco seasoning.	This is very simple to do if you have a few spices on hand such as cumin, paprika, and chili powder. The packets at the store may seem convenient, but they are often high in salt and you can save money by making your own seasoning.
Select a lean filling.	There are so many options! Some to try: ground turkey, grilled chicken, broiled fish, roasted veggies.
Choose your toppings wisely.	Instead of cheese and sour cream, try onions, tomatoes, cilantro, slaw, avocado, and salsa. Fruits such as mangoes and pineapple can be a great addition to fish/shrimp tacos.

This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at [extension.sdstate.edu](http://extension.sdstate.edu).

Recipes from: <https://www.myplate.gov/myplate-kitchen/recipes>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

3,650 copies, \$0.29 each, SDSU Extension. Printed on recycled paper. ES059 12/21

## So Many Tacos, So Little Time

We all get stuck in a rut sometimes about what to cook for dinner. Here is some fresh taco inspiration to try out!

Taco Tip	Description
Zucchini Tacos	If you are a gardener or a friend of gardeners, you have probably had an overabundance of zucchini at one time or another. Zucchini can make a great vegetarian taco!
Try making your own tortillas.	Many tortilla recipes use four ingredients that you probably already have on hand. This can be fun to try with kids.
Use slow cooker or Instant Pot to make fillings.	These cooking methods can create very tender and flavorful meats. It also allows the use of different cuts, such as roasts or spare ribs. An example is carnitas, braised or roasted pork served shredded in small pieces as a filling for tacos.
Make it fresh.	Chopped, fresh cilantro and lime juice brighten up nearly any taco.
Frybread	In 2005, frybread was named the official state bread of South Dakota. If using frybread as a base for tacos, you can make a healthier version by substituting half the white flour with whole-wheat flour, using fat-free milk instead of water, and using canola oil in place of lard.
Repurpose leftovers.	Taco leftovers? Repurpose for tomorrow's lunch as a taco salad or nachos.



## Tacos for Breakfast

Don't forget about breakfast tacos/burritos! This is a great twist on classic breakfast items such as scrambled eggs and potatoes. These can also be a good on-the-go option and can be batch cooked and frozen. Wrap individual burritos in aluminum foil and warm them up in the oven versus the microwave (tortilla will be crispy). Use sausage and bacon in moderation, as these are high fat meats. The same goes for the toppings of cheese and sour cream. Try adding spinach, mushrooms, sweet potatoes, roasted peppers and onions, black beans as fillings and avocado and homemade salsa as toppings.





## Fish Tacos

Makes 4 Servings

### Ingredients:

1 red onion, chopped  
1/2 cup cilantro, chopped  
1 cup packaged coleslaw mix  
4 4-ounce tilapia fillets (or any white fish)

8 small corn tortillas  
1 teaspoon chili powder (more or less to taste)

### Directions:

Clean and chop onion, cilantro, and cabbage. Mix in a bowl and set aside. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it "flakes" or pulls apart easily when separated with a

fork. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.

### Notes

- Suggest serving with salsa and lemon or lime slices.

Fish tacos are a fun way to add fish to your meal. Cabbage from the coleslaw mix gives some crunch and extra nutrients.

Nutritional Information per serving: Total Calories 169; Total Fat 3g; Saturated Fat 1g; Protein 23g; Carbohydrates 14g; Dietary Fiber 3g; Sodium 87mg



## Terrific Bean Tacos

Makes 8 Servings

### Ingredients:

1 onion (small, chopped)  
2 teaspoons vegetable oil  
2 cups refried beans  
8 taco shells (or flour tortillas, wheat or white)  
1/4 head of lettuce (chopped)  
2 tomatoes (chopped)  
1 cup cheese (shredded)  
taco sauce (optional)

### Directions:

Stir fry chopped onion in vegetable oil. Stir in refried beans. Heat thoroughly. Spread refried bean mixture in taco shell or on tortilla. Sprinkle with shredded cheese, lettuce, chopped tomatoes and taco sauce, as desired.

Quick and easy tacos, perfect for an easy weeknight meal. You can use homemade refried beans or canned refried beans for this recipe.

Nutritional Information per serving: Total Calories 185; Total Fat 9g; Saturated Fat 4g; Protein 8g; Carbohydrates 19g; Dietary Fiber 4g; Sodium 397mg





These speedy potato and egg burritos are great for breakfast, lunch, or dinner. Enjoy them with your favorite fruit on the side.

## Speedy Burritos

Makes 9 Servings

### Ingredients:

4 cups potatoes (finely chopped)	1 teaspoon black pepper
1 onion (chopped)	1/2 teaspoon salt
1 bell pepper (red or green, chopped)	1 tablespoon vegetable oil
3 garlic cloves (pressed or finely chopped)	1/2 cheddar cheese (1/2 cup grated, optional)
2 eggs (beaten)	hot sauce (as needed, or salsa)
	9 tortillas (flour or corn)

### Directions:

In a large skillet, heat oil on medium-high setting. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer; check if done with a fork. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix potatoes until eggs are cooked firm). Stir all ingredients together. Wrap tortillas around the filling and top with salsa and cheese.

Nutritional Information per serving: Total Calories 184; Total Fat 5g; Saturated Fat 1g; Protein 6g; Carbohydrates 29g; Dietary Fiber 3g; Sodium 341mg



These vegetable filled corn tortilla tacos get a kick from diced jalapeno peppers and garlic. Serve these as a side dish or enjoy as a snack.

## Delicious Tacos

Makes 4 Servings

### Ingredients:

1 cup mushrooms
1/2 red pepper, medium
1/2 onion
1 tablespoon jalapeno pepper
1 clove garlic
1/2 teaspoon black pepper
1/2 teaspoon table salt
4 corn tortilla, medium
Optional: cilantro and tomato to garnish

### Directions:

Saute onion, garlic and jalapeno, add cumin and black pepper. When everything is soft, add red pepper and mushrooms. Saute for 2 minutes. Serve over tortilla and garnish with cut tomatoes and cilantro or cilantro sauce.

Nutritional Information per serving: Total Calories 69; Total Fat 1g; Saturated Fat 0g; Protein 2g; Carbohydrates 14g; Dietary Fiber 2g; Sodium 304mg