

Open Faced Tacos



There are several advantages to making your tacos open faced:

1. They look bigger when they are open-faced instead of folded.
2. You can use soft corn tortillas instead of fried ones.
3. They look pretty when they are topped with fresh herbs and a drizzle of plain, non-fat yogurt.

This pictured chicken taco, complete with grilled chicken and veggies, herbs, and plain yogurt is just 143 calories!



You can vary the protein and veggies. This is a great way to use up leftovers. To make them vegetarian, use cooked pinto or black beans instead of the chicken. For a really fun way to serve them, offer a variety of ingredients, complete with warm corn tortillas, and allow everyone to make their own.

Corn tortillas have more flavor and less salt than flour tortillas and they come in smaller sizes. Check out this chart (source: USDA, manufacturer's data):

Tortilla Type and Size	Calories, each	Sodium (mg)
6-inch corn tortilla	58	3
6-inch flour tortilla	90	206
10-inch flour tortilla	217	500

TOPPING IDEAS:

Protein- lean chicken, fish, shrimp, cooked beans, lean beef

Veggies- grilled onions, peppers, corn kernels, fresh tomatoes, steamed broccoli

Sauces- salsa, nonfat yogurt, lime juice

Garnishes- fresh herbs or hot sauce



**Grundy County
Memorial Hospital**
UnityPoint Health