



Taco Cups

18 wonton wrappers
8 oz extra lean ground beef
½ package taco seasoning mix
1/3 cup water
¼ cup cheddar cheese, finely shredded
1 cup fresh salsa
3 tbsp black olives, chopped
1 cup sour cream, fat-free

Brown hamburger and drain. Add taco seasoning mix and water. Bring to a boil and then simmer on medium heat for 10 minutes, stirring occasionally.

Preheat oven to 350 degrees. Spray a muffin pan with nonstick spray and press wonton wrappers into cups. Lightly spray with nonstick spray, bake at 350 degrees for 8 minutes. Allow to cool slightly.

Layer in taco meat and fresh salsa. Top with a dollop of sour cream, a sprinkle of shredded cheddar and black olives. Remove taco cups gently from muffin tin and place on serving platter. Makes 18 servings.

Nutrition information per serving: 61 calories, 4 grams protein, 1 gram fat, 7 grams carbohydrate, 141 mg sodium.