



Lettuce Taco Cups

- 1 lb. lean ground beef (95% lean)
- 1 package taco seasoning
- 1/2 c. shredded Cheddar
- 8 large lettuce leaves, rinsed and dried
- 1 avocado, chopped
- 1 small onion, diced
- 1 cup fresh salsa

Cook ground beef in large non-stick skillet. Follow instructions on taco seasoning. Serve taco meat in lettuce cups. Garnish with cheddar, onion, avocado and salsa. Makes 8 servings.

Nutrition Facts per Serving: 180 calories, 9g fat, 8g carbohydrates, 14g protein