

**Salmon Tacos: 20 Minute Meal**



**INGREDIENTS:**

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked  
1/2 cup fresh or bottled non-fat salsa  
12 (6.5 inch) corn tortillas  
3/4 cup fat-free refried beans  
1/4 cup fat-free Cheddar cheese  
2 cups cabbage or lettuce, shredded  
3/4 cup fresh tomato, chopped  
Salsa, to taste  
Cilantro, to taste

**Salmon Tacos: 20 Minute Meal**

**DIRECTIONS:**

Preheat oven to 350°F. Mix salmon with salsa and hold aside. Place the tortillas on sheet pans in 1 single layer; portion beans and cheese evenly onto the tortillas. Place in oven until warm and cheese is melted (5-8 minutes). Remove from oven and divide salmon mixture evenly among the tortillas. Top with cabbage or lettuce and diced tomatoes (portioned evenly). Fold tortillas over and serve with extra salsa and chopped cilantro, if desired.

Variations: Salmon mixture may also be used as burrito OR tostada filling.

Makes 12 Tacos, or 6 servings.

**NUTRITIONAL INFORMATION:**

Nutrients per serving: 262.5 calories, 5.7g total fat, 1.3g saturated fat, 19% of calories from fat, 39.3mg cholesterol, 20.6g protein, 32.8g carbohydrate, 5.1g fiber, 692.5mg sodium, 345.3mg calcium and 1.2g omega-3 fatty acids.