

Healthy Adventures Cowboy

Say howdy to these healthy, delicious

Taquito Roundups



MAKES
8 taquito roundups

INGREDIENTS



10 (8-inch) whole
wheat flour tortillas



2 teaspoons
low sodium
taco seasoning



1 (4-ounce) can
diced green chiles



2 (15-ounce) cans
black beans, drained



1 cup low fat
cheddar cheese

INSTRUCTIONS

Throw on your boots and cowboy hat, y'all!


1. Giddy up! Preheat your oven to 350°.
2. Add the black beans, cheese, green chiles and seasoning into a large bowl, and mash and mix it all with a fork.
3. Spread mixture onto the tortillas, roll tightly and lightly spray each side with cooking spray (or brush with olive oil).
4. Place your taquitos onto a non-stick cookie sheet (seam side down), and bake for 20-25 minutes (or until they're hot and crispy). Be sure to flip them over halfway through!
5. Top with low fat Greek yogurt, then enjoy!

DON'T FORGET TO GET 60!

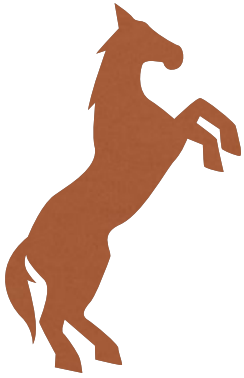
Grab the basketball, then rope in some friends and neighbors for a game of H-O-R-S-E! Or play some other basketball games like 21 or Knockout. Is basketball a great way to get 60 minutes of activity? Darn tootin'!

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 Shape Your Future

Healthy Adventures
Cowboy



WANTED

Howdy, partner! What fruit or veggie are you hungry for? Draw it in the square below, and convince your ma and pa to fill half your plate with it for dinner tonight!



REWARD: A happy, healthy life!

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 ShapeYourFutureOK.com

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