



Meatless Tacos

Here's how to prepare Meatless Tacos.



- _____1. Get jar of salsa
Get taco toppings (such as torn lettuce, cut tomatoes and shredded low fat cheese)
Get canned refried beans
Get whole wheat tortillas
Get sour cream (Optional)
Get microwave safe bowl with cover
Get wooden spoon
Get serving spoon
Get microwave safe plate
Get cutting board
Get knife
Get can opener
Get potholders



- _____2. Careful! Open cans of refried beans



- _____3. Put beans into microwave safe bowl. Cover bowl



____4. Cover bowl



____5. Open microwave. Put dish in



____6. Close microwave



____7. Set microwave for 2 minutes. Start



____8. Open microwave



____9. Put on potholders



____10. **Careful!** Take dish out of microwave



____11. Put tortilla on microwave safe plate



____12. Put tortilla into microwave



____13. Close microwave



____14. Set microwave for 15 seconds.
Start



____15. Open microwave



_____16. Put on pot holders



_____17. Careful! Take tortilla out of microwave



_____18. Take off pot holders and put 2 tablespoons beans in center of tortilla



_____19. Open jar of salsa



____20. Put 1 tablespoon salsa over beans



____21. Put on toppings (such as torn lettuce, cut tomatoes and shredded low fat cheese



____22. Fold in half and serve



____23. Voila!