

The 5-Minute Taco

Serving Size: 1

Prep Time: 3 minutes

Total Time: 5 minutes

Ingredients:

1 small-medium tortilla
1/4 cup cooked brown rice
1/4 cup beans (black or pinto)
1 Tbsp. cheese
1 Tbsp. sour cream
2 Tbsp. corn
1/4 avocado, sliced

Directions:

1. Lay tortilla flat.
2. To the center of the tortilla, add your rice, beans, cheese, sour cream, corn, and avocado.
3. For a taco, simply fold the tortilla in half.
For a burrito, bring the bottom of the tortilla up and fold in half (over the filling), then roll from the side. Enjoy!

