

taco stacker

Makes 8 servings

INGREDIENTS

- 8 tortillas, whole wheat 6"
- 1 cup turkey taco filling, cooked
- 1-1/4 cups salsa, low sodium, canned
- 1 cup cheddar cheese sauce
- 1/2 cup cheese, cheddar, reduced fat, shredded
- 1/2 cup lettuce, iceberg, fresh, cleaned, chopped
- 2 cups salsa, low sodium, canned
- 2 cups sour cream

INSTRUCTIONS

1. Spray an 9x13 pan with pan release spray.
2. Layer 2 whole grain tortilla shells on bottom layer of pan
3. Mix 1 cup of ground turkey taco filling, $\frac{3}{4}$ cup of salsa and 1 cup of cheese sauce together. Spread $\frac{1}{3}$ of mixture over tortillas.
4. Repeat step 2 and 3 three times for a total of 4 layers.
5. Sprinkle top layer with cheddar cheese and $\frac{1}{2}$ cup salsa.
6. Place in convection oven at 350° F. for 20 minutes.
Bake to reach an internal temperature of 165° F.
7. Remove and cut into 8 squares.
8. Garnish with shredded lettuce.
9. Serve or hold at 135° F.
10. Offer 2 oz. salsa and sour cream as condiments

NUTRITIONAL FACTS: PER SERVING

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|-----------------------|------------------------|
| Calories: 327 | Calcium: 363.96 mg |
| Total Fat: 13.32 g | Protein: 17.44 g |
| Saturated Fat: 6.37 g | Carbohydrates: 35.43 g |
| Cholesterol: 38.65 mg | Dietary Fiber: 4.59 g |
| Sodium: 854.67 mg | |

