



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

TACO WRAPS

Time: 30 minutes

Serves: 4

Ingredients:

1 pound ground bison (or extra-lean ground beef)
1 tablespoon chili powder
1 ½ teaspoons ground cumin
½ teaspoon crushed red pepper
½ teaspoon paprika
½ teaspoon kosher salt
½ teaspoon fresh ground black pepper
¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon dried oregano
1 cup water
2 Roma tomatoes – finely diced
½ cup densely packed cilantro leaves – chopped
2 tablespoons red onion – finely chopped
8 large lettuce leaves
2 tablespoons reduced fat (not fat free) sour cream
2 tablespoons jalapeno jack cheese – coarsely grated

Preparation:

Heat a heavy cast pan on medium-high heat. Add the bison and cook until brown while crumbling into small pieces.

Add all dry spices and water to the bison, mix well and continue to cook until the water has evaporated. Remove from heat.

Mix the tomato, cilantro and onion to make a fresh salsa.

Spoon the bison mixture evenly into the lettuce leaves, then top with the salsa mixture, sour cream and cheese. Serve immediately.

Nutritional Information Per Serving:

Calories: 235
Fat: 11g
Carbs: 4g
Fibre: 1g
Protein: 28g