

Avocado Tacos

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These tacos are a low calorie alternative to ground beef. They are also light and refreshing, great for summer time or an easy lunch. Makes four tacos.

Ingredients:

2 avocados, pitted and sliced
4 corn tortillas
cilantro, chopped, to taste
iceberg lettuce, shredded, to taste
onion, diced, to taste
tomato, diced to taste
shredded cheese, to taste
salsa, as needed, optional

Directions:

1. Heat the corn tortilla on a grill or in the microwave.
2. Place the sliced avocado inside and season with salt and pepper.
3. Garnish with cilantro, lettuce, onion, tomato, cheese, and salsa.
4. Enjoy with a side of rice and beans.

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