

Taco Dip Lunchable

Ingredients (makes 16 servings, serving size: 2 Triscuits)

- 32 Triscuits
- 1 Tablespoon Taco seasoning
- 1 cup Fat-free plain Greek yogurt
- 1 cup Cherry tomatoes
- 1/2 cup Shredded cheddar cheese
- Optional toppings: Lettuce, black olives, black beans

Directions

1. Put Greek yogurt in a mixing bowl with taco seasoning and combine well.
2. Cut cherry tomatoes into halves.
3. Assemble plate with Triscuits, shredded cheese, tomatoes and other desired toppings.
4. Spoon taco dip onto plate.
5. Top Triscuits with dip and veggies.

Nutrition Information- Per serving

Calories	70	Total Sugars	1g	Sodium	104mg
Protein	4g	Total Fat	4g	Cholesterol	8mg
Carbohydrate	7g	Saturated Fat	2g	Fiber	1g



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. An AA/EEO employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

ENJOY!