

Taco Dip Lunchable

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

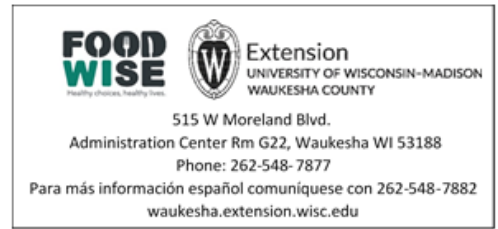
- 32 Triscuits
- 1 Tablespoon Taco seasoning
- 1 cup Fat-free plain Greek yogurt
- 1 cup Cherry tomatoes
- 1/2 cup Shredded cheddar cheese
- Optional toppings: Lettuce, black olives, black beans

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



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ENJOY!