

Lettuce, cheese & avocado salsa tacos



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Preparation: about 20 mins

Cooking: about 5 mins Makes: 8

Ingredients:

- 1 medium just-ripe avocado
- 1 tbs lime juice
- 125g cherry tomatoes, quartered
- 1/2 tsp caster sugar
- salt and ground black pepper
- 8 taco shells
- 1/2 cup mild taco sauce
- 8 small Iceberg lettuce leaves
- 1 cup grated reduced fat tasty cheese

Method:

1. Preheat oven to 180°C.
2. To make avocado salsa, halve, deseed and peel avocado. Place in a medium bowl and drizzle with lime juice. Using a fork, roughly mash avocado. Add cherry tomatoes and caster sugar. Season with salt and pepper to taste. Gently stir to combine. Set aside.
3. Place taco shells, upside-down, on a baking tray. Bake for 5 minutes or until warm.
4. Meanwhile, place taco sauce in a heatproof bowl. Cover with plastic wrap and heat in the microwave on medium/50% power for 2-3 minutes or until warm.
5. Line each warm taco shell with an Iceberg lettuce leaf. Dividing ingredients evenly, fill tacos with avocado salsa, cheese and warm taco sauce. Serve immediately.



Iceberg lettuce:

- The darker outside leaves have 6 to 50 times as much beta carotene as inside paler leaves. Beta carotene is converted to vitamin A in the body (useful for vision in dim light) and also acts as an antioxidant to protect tissues from damage due to wear and tear.
- A good source of folate, one of the B vitamins needed for heart health.
- Provides some dietary fibre and vitamins C and E – all important for good health.