



# Shaved Brussels Sprouts Tacos with Black Beans & Avocados

**Servings**

4

**Calories**

350

**Prep Time**

5 minutes

**Total Time**

10 minutes

**Skill Level**

Easy

## Ingredients

1 (9 ounces) package Mann's Shaved Brussels Sprouts

2 tablespoons olive oil

2 tablespoons plus 1 teaspoon dry taco seasoning

2 tablespoons water

1 (15 ounces) can black beans, drained and rinsed

1 ripe avocado

salsa of your choice

8 soft corn tortillas



## The Method

In large frying pan, mix Shaved Brussels Sprouts with olive oil and taco seasoning, stirring until well coated. Cook over medium high heat, stirring for 3 minutes, then add water and stir well. Remove from heat.

In another pan, heat black beans until warm. Mash avocado with fork. Warm tortillas until flexible, then top with seasoned Shaved Brussels Sprouts, black beans, avocado and salsa. Enjoy!

### Nutrition Facts

Serving Size: 274g | Servings: 4

#### Amount Per Serving

Calories 350 | Calories from Fat 130 | Total Fat 14g (sat fat 2g trans 0g) | Cholesterol 0mg | Sodium 610mg | Total Carbohydrate 48g | Dietary Fiber 12g | Sugars 4g | Protein 10g | Vitamin A 10% | Vitamin C 100% | Calcium 6% | Iron 15%