



Kale Beet Blend Mini Tacos with Smoked Salmon & Avocado

Servings

6

Calories

380

Prep Time

10 minutes

Total Time

40 minutes

Skill Level

Medium

Ingredients

1 8-oz. package of Mann's Kale Beet Blend

Juice of 2 limes

½ teaspoon ground cumin

1/8 teaspoon cayenne pepper

2 teaspoons honey

1 package whole wheat tortillas

1 4-oz. package smoked salmon

1 avocado, sliced

Chipotle Mayonnaise

½ cup mayonnaise

Juice of ½ lime

1-2 teaspoons adobo sauce (the sauce that canned chipotle peppers are packed in)

Add all ingredients to a small mixing bowl and stir well to combine.



The Method

Pour the contents of Mann's Kale Beet Blend into a mixing bowl. Squeeze the lime juice over the vegetables, add the cumin and cayenne, and drizzle with the honey. Season with a bit of salt and toss to combine. Set aside.

Using a 2-inch round cookie cutter (a red wine glass works too), cut rounds out of the tortillas. Nestle each round into the crevices of an upside-down muffin tin. Repeat with as many rounds as you can fit on the tin (1 tin will accommodate approximately 12 mini tacos).

To assemble the tacos, place a couple slices of smoked salmon on the bottom. Add some Kale Beet Blend and top with a slice of avocado. Drizzle the top with a bit of chipotle mayonnaise and serve.



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Nutrition Facts

Servings: 161 | Servings: 6

Amount Per Serving

Calories 380 | Total Fat 24g (sat fat 5g trans 0g) | Cholesterol 35mg | Sodium 520mg | Total Carbohydrate 27g | Dietary Fiber 3g | Sugars 5g (Includes 2g Added Sugars) | Protein 17g | Vitamin D 0% | Calcium 10% | Iron 10% | Potassium 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs