

Taco Cups

Taco Cups



Serves 24

Blue, Purple and Green – 1 point each

Dough Cups

- 1 cup self rising flour
- 3/4 cup Fat Free Greek Yogurt

Filling

- 8 ounces cooked taco meat (I use 96% lean ground beef)
- 1 ounce reduced fat Mexican style shredded cheese
- lettuce, finely chopped
- tomato, finely chopped (I used grape tomatoes, it's easier to chop them very small)
- 1/8 cup taco sauce
- 2 Tbsp sour cream

Dough Cups

1. Preheat oven to 400.
2. Mix flour and Greek yogurt together until a dough forms. Knead about 20 seconds.
3. Weigh out dough ball and divide into 24 equal portions
4. Spray a mini muffin pan with non stick spray
5. Roll portioned dough into balls and place in muffin tin. Work dough down on bottom and up the sides to form a

cup.

6. Bake at 400 for 7 minutes.

Filling

1. After par baking the cups, add about a teaspoon of taco meat to each cup, then a sprinkling of cheese.
2. Return them to the oven and bake 10-12 minutes or until golden and the cheese is melted.
3. Let them cool about 5 minutes.
4. Top with lettuce, tomato, taco sauce and sour cream. Serve immediately.