



Recipe developed by Chef Paige Vondran

CRUNCHY TACOS

	Ingredients	Exchanges
Protein	26.6 g provolone cheese slice	3.7 (-3.7 g fat)
Fat	26.3 g mayonnaise	6 (-3.7 g)
Carbohydrate	10.5 g fresh tomatoes, chopped -----	0.5 -----
	7.8 g shredded iceberg lettuce -----	0.3 -----
	1.1 g scallions, thinly sliced -----	0.1 -----
	3.8 g raw onion, chopped	0.4
Other	Onion powder, garlic powder, salt, pepper, cumin, paprika	

DIRECTIONS

- Preheat oven to 350° F.
- Cover a baking sheet with parchment paper.
- Spray the parchment paper with nonstick cooking spray.
- Weigh the whole slice of provolone cheese, then remove small pieces from the sides until it reaches the correct weight.
- Place the provolone cheese slices onto the parchment paper at least 2 inches apart.
- Bake in the preheated oven for 10-15 minutes until brown/dark golden in color.
- Before you remove the cheese from the oven, get a rolling pin out to use immediately.
- Remove the cheese from the oven, then immediately wrap the parchment paper around the rolling pin to shape the cheese into a hard taco shell.
- Allow to cool while wrapped around the rolling pin for 1 minute until firm.
- In a small bowl, mix the mayonnaise, tomatoes, lettuce, scallions, and raw onion.
- Season to taste with listed dry seasonings.
- Stir until combined, then scoop into the taco shells.
- Serve.

VARIATIONS

- The taco shell requires at least 1-1.5 exchanges of protein for provolone cheese. Additional exchanges of protein from your child's meal plan could be used for a second taco shell, or toppings such as beef, pork, chicken, or fish.
- Other carbohydrates can be used such as lime, cabbage, garlic, avocado, corn, etc.
- This recipe should not be stored in the refrigerator or freezer because the cheese and filling ingredients will become soggy.