



Fiesta Salad Cups

Ingredients:

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| 2 (8-inch) tortillas 100% whole wheat | 1 clove of garlic, minced |
| ½ cup dry bulgur wheat | 2 tablespoons fresh cilantro, finely chopped |
| 1 cup water | 2 teaspoon honey |
| 1 medium tomato, diced | ¼ cup lime juice |
| ½ medium onion, diced | ¼ teaspoon chili powder |
| 1 avocado, diced | ½ teaspoon cumin |
| ¼ cup black beans, rinsed, drained | non-stick cooking spray |

Instructions:

1. To cook the bulgur, place the bulgur and add boiling water into a bowl. Cover tightly with cling film and allow to sit for about 20 minutes. Stir and fluff and leave covered and you continue with the recipe.
2. Heat oven to 375 degrees. Spray a muffin tin with non-stick cooking spray.
3. Using an empty can or a cookie cutter, cut 6 small (2 ½ -3 inch) circles out of the two tortillas. Place the tortillas into a muffin tin and shape them into the cup.
4. Bake tortilla cups for 5-7 minutes or until golden brown.
5. Place tomato, onion, avocado, and beans in a medium bowl.
6. In a separate bowl, add garlic, cilantro, lime juice, honey chili powder, and cumin. Whisk ingredients together until well combined.
7. Combine the vegetables into the bulgur wheat and drizzle with the lime juice mixture.
8. Fill tortilla cups with the salad and enjoy!

Variations:

- This recipe is mix-and-match friendly, so pick your favorite beans, grain and vegetables.
- Add skinless chicken breast or tofu, or replace bulgur wheat with quinoa for added protein.

Pick different seasonings to create several varieties. Make an Italian salad with basil and oregano or go Greek with dill or rosemary.

Prep Time: 30 minutes

Cooking Time: 30 minutes

Equipment:

two medium mixing bowls
small mixing bowl
whisk or fork
cling film
cutting board and knife
measuring cups and spoons
cookie cutter
can opener
oven
muffin tin

Servings: 2

Serving Size: 3 tortilla cups



Nutrition Facts: 24350 Calories, 13 g Fat, 2 g Saturated Fat, 47 g Carbohydrates, 10 g Protein, 13 g Fiber, 11 g Sugar, 320 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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