Thunderbird Tacos

Ingredients
- 1 Tbsp olive oil
- 2 garlic cloves, peeled
- 1 (540ml) can black beans
- 1 tsp cumin
- 1 tsp chili powder
- Salt to taste
- A few squirts of lime juice (optional)

Other Taco Toppings
- 2 medium Tomatoes
- 3 large leaves of romaine lettuce (or kale)
- 2 scoops plain 2% Greek yogurt
- 2 scoops salsa
- ½ cup grated cheddar cheese
- 2 whole wheat tortillas or taco shells

Recipe adapted from: https://www.allrecipes.com/recipe/220642/quick-and-easy-refried-beans/

Making it
1. Cook garlic cloves in hot oil, turning once, until brown on both sides (4-5 minutes)
2. Smash garlic cloves in skillet with a fork
3. Stir pinto beans, cumin, chili powder, and salt into mashed garlic and cook until beans are thoroughly heated, about 5 minutes
4. Mash mixture with a potato masher to desired texture. Remove from heat, then squeeze lime juice into beans
5. Spread beans onto tortillas or taco shells, add the other taco toppings

NUTRITION FACTS
Servings: 3 (large)
PER SERVING
Calories (kcal): 390
Fat (g): 13
Carbohydrate (g): 55
Fibre (g): 17
Protein (g): 20

TIPS & HINTS
Plain Greek yogurt is an excellent substitute for sour cream, as it provides more protein and contains less fat.