

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

Taco Boats

8 ounces of lean ground beef	1/4 teaspoon garlic powder
1/4 finely diced onion	1/2 teaspoon cumin
1/2 cup diced tomato	8 ounce tube of reduced fat crescent rolls
1 teaspoon chili powder	1 cup shredded reduced fat sharp cheddar cheese

Preheat oven to 375 degrees. Clean your hands and your preparation area. In a large skillet brown lean ground beef for 4 – 5 minutes. Add finely diced onion, diced tomato, chili powder, garlic powder, and cumin. Stir together and continue cooking until beef is cooked through. Remove from heat. Food safety note: ground beef should be cooked to a minimal internal temperature of 160 degrees Fahrenheit. On two large baking sheet, unroll crescent rolls and press seams together to make one large sheet. Cut sheet into 8 squares. Divide beef mixture evenly among all 8 dough squares and top with shredded cheese. Pinch crescent roll around filling and to make a cup (or boat!) to hold filling in. Bake at 375 degrees for 12 minutes or until golden brown.

Created by Cory Edwards, EA-BLT, Lubbock County

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