

# Gut-Friendly Black Bean Tacos

Makes 1 serving (two tacos)

## Ingredients:

- 2 small corn tortillas
- ½ cup canned black beans (rinsed and drained)
- ½ cup shredded cabbage
- 2 tablespoons salsa
- ¼ avocado (sliced)
- Optional: 1 tablespoon plain Greek yogurt

## Directions:

- Warm tortillas, layer ingredients and serve.

## Gut Health Highlights

- Provides over 50% of daily fiber needs for most women
- Rich in starch (beans) that supports good bacteria in gut
- High in plant diversity (beans, cabbage, avocado, corn)
- Supports microbiome diversity
- Associated with lower colorectal cancer risk when eaten regularly

## Nutrition Facts:

Without yogurt:

- Calories: ~350
- Fiber: ~14–16g
- Protein: ~11g
- Fat: ~13g (mostly unsaturated)
- Carbohydrates: ~50g

With 1 tbsp Greek yogurt:

- +10 calories
- +1–2g protein

## Allergen Information

Contains:

- Dairy (if using Greek yogurt)

Depending on brand, may contain:

- Gluten (if using flour tortillas)
- Soy (some packaged tortillas)

Naturally:

- Vegetarian
- Gluten-free (with 100% corn tortillas)
- Nut-free
- Egg-free

