

Caribbean Pork Tacos

Ingredients

- 1 cup cabbage, shredded
- 1/8 red onion, chopped
- 1/2 tsp lime juice
- 1/8 tsp kosher salt
- 7 tsp plain greek yogurt, non-fat
- 1/8 tsp cumin
- 1/4 tsp chili powder
- 4 tsp cilantro leaves
- 9 oz pork shreds
- 4 whole grain tortilla



Directions

1. Combine shredded cabbage, onion, lime juice, and salt in a bowl. Set aside.
2. Mix together yogurt, cumin, chili powder, and cilantro. Set aside.
3. In 12 x 20 inch pan, place pork, cover, and cook in steamer for 15 minutes or until internal temperature reaches 165°F.
4. Steam or bake the tortillas to heat through (best to use foil wrap). To serve, place the tortillas on a plate, spread 1/4 cup of the cabbage mixture down the center, and top with 2.2 oz pork and 1 tbsp of yogurt sauce.

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 206 calories,
5.14 g fat, 2.34 g saturated fat,
444 mg sodium, 23.82 g
carbohydrate, 2.62 g fiber, 1.9 g
sugar, 15.66 g protein