

# Fresh ink

## HOT OFF THE PRESS!

Featuring Salba Smart on *Eat, Drink And Be Aware* on December 18, 2009  
Online Impressions: 1,200

### EAT, DRINK AND BE AWARE

NOTES ON THE EXAMINED LIFE FROM A FITNESS-MINDED FOODIE

FRIDAY, DECEMBER 18, 2009

#### Taco Night + Dessert

Good Evening!



Tonight was taco night and I have to say it was quite delicious. It is so satisfying when your whole family eats dinner together and they all like the meal. This seems to be a rare occasion lately with my kids seeming to get pickier and pickier. Needless, to say we sat down and had a nice dinner together. Yah.



As I mentioned earlier I did buy a Taco Shell Kit and I used ground turkey.

I then set out all the great toppings-- such as Guaca Salsa from Wholly Guacamole. This stuff is fantastic it is part guacamole and part green salsa thus much lower in calories than regular guacamole. 2 whole tbsps are only 35 calories. I love green salsa so this



stuff is now a new love. I could put it in my breakfast tacos and eat it with my Salba Tortilla Chips. Yum.

I actually sort of made Nachos tonight by skipping the taco shells and using the Salba Smart 100 Calorie Tortilla Chips. I then topped it with the taco meat, guaca salsa, Salba Salsa, cheese and a dollop of greek

yogurt.

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