**Desk Tacos**  
Serves 1

2-3 Whole corn tortillas  
1+ cups fresh spinach leaves (or other greens)  
½ cup Black beans, drained & rinsed  
½ avocado  
½ cup cherry tomatoes or fresh salsa  
Lime juice, or ½ fresh lime  
Pickled jalapenos or hot sauce (optional)  
Shredded cheese (optional)

Pack corn tortillas separately in a Ziploc bag. In a Tupperware or reusable glass container, pack the rinsed beans, avocado, tomatoes together and squeeze lime juice over the mixture to prevent browning. Add jalapenos or hot sauce as desired. Store the items in a refrigerator until ready to eat. Spoon bean mixture into tortillas and enjoy! (You may want to heat tortillas slightly in microwave if necessary).

Note: This recipe also works with leftover grilled and diced chicken, steak, or fish for the protein base. Other vegetable substitutions include red onion, broccoli slaw, or cabbage.

Estimated nutrition analysis: 414 calories, 56 g carbohydrates, 12 g protein*, 17 g fiber

*Adding 3 ounces of grilled chicken adds 20 g protein.