Ingredients:
- 3 small soft tortilla rounds (less than 6 inches)
- 1½ cups shredded lettuce (½ cup each cup)
- 3 Tbsp. vinaigrette dressing (1 Tbsp. each cup)
- 3 tsp. sunflower seeds (1 tsp. each cup)
- 3 Tbsp. shredded carrots (1 Tbsp. each cup)
- 3 Tbsp diced cucumber (1 Tbsp. each cup)

Directions:
1. Dice vegetables and set aside.
2. Pre-heat the oven to 350 °F.
3. Spray the cooking spray onto the muffin pans (either side of the pan will work). Place the small soft round tortillas in the crevices. Place in the oven for 15 minutes. If more time is needed, allow for a few extra minutes to reach a light crispy form.
4. Remove from oven once baked and allow for a few minutes to cool (2-3 adequate).
5. Add ½ cup shredded lettuce, 1 Tbsp. of the shredded carrots, diced cucumber, and vinaigrette dressing, and 1 tsp. sunflower seeds to each cup.
6. Serve and enjoy!

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