

A taco is a traditional Mexican dish composed of a corn or wheat tortilla folded or rolled around a filling. A taco can be made with a variety of fillings, including beef, pork, chicken, seafood, vegetables, and cheese, allowing for great versatility and variety. A taco is generally eaten without utensils and is often accompanied by garnishes such as salsa, chili pepper, avocado, guacamole, cilantro (coriander), tomatoes, onions, and lettuce.

The taco predates the arrival of the Spanish in Mexico. There is anthropological evidence that the indigenous people living in the lake region of the Valley of Mexico traditionally ate tacos filled with small fish. Writing at the time of the Spanish conquistadors

