

# Taco Salad

## Salad of the Month July - 2014



Make it fast? Just toss all the wholesome ingredients (except the chips) into a large bowl and dig in family style.

**Prep Time:** 30 Min

**Start to Finish:** 30 Min

**Makes:** 6 servings (3 cups each)

### INGREDIENTS

- 1 lb. extra lean (at least 90%) ground beef
- 2/3 cup water
- 1 tablespoon chili powder
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground red pepper (cayenne)
- 12 cups torn romaine or iceberg lettuce
- 1 can (15 oz.) pinto beans, drained, rinsed
- 2 medium tomatoes, chopped (1 1/2 cups)
- 3 medium green onions, sliced (3 tablespoons)
- 3/4 cup shredded reduced-fat sharp Cheddar cheese (3 oz.)
- 3/4 cup organic salsa (any variety)
- 3/4 cup fat-free sour cream
- 3 oz. tortilla chips

### DIRECTIONS

1. In 10-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in water, chili powder, cumin, and ground red pepper; reduce heat to medium-low. Cook about 5 minutes or until most of liquid has evaporated.
2. Divide lettuce among 6 salad plates; top each with meat mixture and remaining ingredients except chips. Arrange chips around salad. Serve immediately.

**Recipe Provides:** Dairy 1/2c, Grains 1oz-equivalents, Meat & Beans 3oz-equivalents, Vegetables 1 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	380	<b>Calories from Fat:</b>	110
<b>Total Fat:</b>	12 g	<b>Saturated Fat:</b>	3 1/2 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	50 mg	<b>Sodium:</b>	480 mg	<b>Total Carbohydrate:</b>	42 g
<b>Dietary Fiber:</b>	10 g	<b>Sugars:</b>	5 g	<b>Protein:</b>	27 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)