

Recipe of the Month

Taco Salad for June 2011

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) of pinto beans, drained, rinsed
- 2 medium tomatoes, chopped (1 1/2 cups)
- 3 medium green onions, sliced (3 tablespoons)
- 3/4 cup shredded sharp Cheddar cheese (3 oz)
- 3/4 cup 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. Makes 6 servings (3 cups each).

Nutritional Information per Serving:

Calories 380 (Calories from fat 110); Total Fat 12 g (Saturated fat 3½ g); Cholesterol 50 mg; Sodium 480 mg; Total Carbohydrate 42 g; Dietary Fiber 10 g; Protein 27 g



Recipe from www.eatbetterearly.com