

Taco Salad

Cook time: 55 minutes

Makes: 6 servings

Ingredients

1 butter lettuce (head, or any other small lettuce, torn into small pieces)

2 tomatoes (chopped, fresh)

1/2 cup green pepper (chopped)

16 ounces ground turkey or ground beef

1 onion (small, chopped)

1 can pinto beans (15 1/2 ounce, drained)

3/4 cup salsa (or taco sauce)

Directions

1. Put lettuce in large bowl. Add tomatoes and green pepper.
2. Brown meat and onion in fry pan. Drain off fat and liquid.
3. Mix meat, beans and salsa. Add to salad mixture.
4. Serve with additional salsa. Refrigerate leftovers.

Source: University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards, Vol. 1, p.23-24

Nutrition Information

Nutrients	Amount
Calories	200
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	60 mg
Sodium	480 mg
Total Carbohydrate	18 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	18 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available