



Dash
of
Wellness

Taco Salad

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& ENVIRONMENTAL SCIENCES

½ lb. lean ground beef
1 cup cooked kidney or chili
beans, drained
½ package taco seasoning
mix*
½ cup water
½ cup low fat cheese

1 bunch romaine lettuce,
washed
2 medium tomatoes, rinsed,
and diced
6 scallions, chopped
1 cup tortilla chips, low fat,
unsalted

Directions

1. Wash hands with soap and water. Brown ground beef in frying pan until it reaches an internal temperature of 160°F. Drain off fat.
2. Add beans, seasoning, and water. Stir. Cover and simmer for 10 minutes.
3. Tear lettuce into tiny pieces, add tomatoes and scallions. Mix vegetables and put into large bowl.
4. Spoon ground beef and bean mixture over vegetables. Sprinkle with cheese and tortilla chips. Toss lightly and serve at once.
5. Refrigerate leftovers within 2 hours. **Yield:** 6 Servings

**Make your own mix using these ingredients: 1/2 teaspoon of salt, 1 tsp. chili powder, ½ teaspoon each cornstarch, crushed dried red pepper, cumin, and garlic powder; and ¼ teaspoon dried oregano leaves.*

Nutrition Facts (per serving): 300 calories, 6 grams fat, 310 milligrams sodium, 42 grams carbohydrate, 5 grams fiber, 18 grams protein

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