

Terrific Taco Salad

4 servings

- 1 medium onion, chopped
- $\frac{1}{2}$ pound 90% lean ground beef
- $\frac{1}{2}$ package (about 2 Tbsp.) Old El Paso 40% less sodium taco seasoning mix
- 1 (12 oz.) can kidney, pinto or black beans, drained and rinsed
- 1 cup frozen corn
- 6 cups chopped lettuce
- 2 medium tomatoes, sliced into wedges
- $\frac{1}{2}$ cup shredded Colby Jack cheese
- $\frac{1}{2}$ cup of your favorite salsa
- 4 Tbsp. light sour cream (optional)



1. Spray a large frying pan with cooking spray (like PAM) and warm over medium high heat.
2. Add onion and beef and cook until beef is browned (no pink left).
3. Add taco seasoning, beans and corn. Stir to mix well. Lower heat and simmer until mixture is heated through - about 5 minutes.
4. Place 1 $\frac{1}{2}$ cups of lettuce on each plate; spoon $\frac{1}{4}$ of meat mixture over the lettuce.
5. Top each salad with tomato wedges, $\frac{1}{4}$ of the shredded cheese, $\frac{1}{4}$ of the salsa and 1 Tbsp. sour cream.
6. Serve immediately!

Healthy Hint: Mix iceberg with darker green lettuces such as romaine or red leaf to boost the vitamin content of your salad! You can leave out the beef for a vegetarian version of this salad.

Nutrition Information per serving:

- 350 calories
- 13 g total fat
- 6 g saturated fat
- 55 mg cholesterol
- 700 mg sodium
- 37 g carbohydrate
- 9 g dietary fiber
- 24 g protein

Good source of Dietary Fiber, Vitamin A, Vitamin C, Calcium and Iron.

Nutrition questions or concerns??? Contact Rebecca Gruenes, MS, RD at (507)389-5689 or rebecca.gruenes@mnsu.edu.