

Taco Salad

Ingredients

3/4 pound lean ground beef

1/2 cup chopped onion

1 teaspoon garlic powder

2 teaspoon chili powder

1 (15½-ounce) can kidney beans, drained and rinsed

2 cups chopped fresh tomatoes, or 1 (28-ounce) canned diced tomatoes, drained

1 medium-size head of lettuce, shredded

6 ounces low fat cheddar cheese, shredded

1/2 cup Italian salad dressing, light

vegetable oil spray

Makes 6 servings

Instructions

1. Spray large skillet with vegetable oil spray. In prepared skillet combine first four ingredients brown until cooked. Remove from heat, drain.
2. Place cooked ingredients into a large bowl and refrigerate until cool.
3. Add beans, tomatoes lettuce and cheese, tossing well.
4. Pour dressing on top of salad. Toss again, serve at once.

Notes:

- If desired serve salad with baked tortilla chips.
- Other beans may be substituted such as cannellini, black, or garbanzo (chick peas) beans.

Nutrition Facts

Serving Size 2 cups
Servings Per Container 6

Amount Per Serving

Calories 280 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

 Saturated Fat 4g **20%**

 Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 570mg **24%**

Total Carbohydrate 21g **7%**

 Dietary Fiber 7g **28%**

 Sugars 6g

Protein 24g

Vitamin A 25% • Vitamin C 20%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

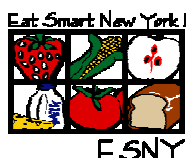
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

35% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

October 2009



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

