

Taco Salad



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 6

Prep: 25 minutes | **Cook:** 30 minutes

INGREDIENTS

- 1 head of lettuce, chopped
- 2 tomatoes, diced
- 1 small onion, diced
- 2 ears of corn, husks removed*
- 1 pound ground turkey or beef*
- 1 can (15 ounces) pinto or black beans, drained and rinsed
- 3/4 cup salsa or taco sauce



DIRECTIONS

1. Fill a large pot about halfway with water. Bring to a boil over medium-high heat. Add corn to boiling water and cook until kernels are tender, about 3-5 minutes.
2. Allow to cool. Use a knife to carefully remove kernels from the cobs and place kernels in a bowl.
3. Heat a large pan over medium-high heat. Add meat and cook. Drain off fat and liquid once cooked.
4. Chop lettuce, tomatoes, and onions and place in a large bowl. Add corn. In a separate bowl combine meat, beans and salsa.
5. Combine the two mixtures. Serve with your favorite taco toppings (like cilantro, avocado, crushed chips, low-fat cheese or low-fat sour cream).

*Substitutions

| | | |
|-------------------------------|---|-----------------------------|
| 1 pound ground turkey or beef | → | 1 can (15 oz.) of beans |
| 2 ears of corn | → | 1 cup frozen or canned corn |

Nutrition Information

Serving size: 1/6 of recipe (2 cups)

| | |
|----------------------|---------------|
| Calories | 279 |
| Total fat | 9.2 g |
| Saturated fat | 1.5 g |
| Cholesterol | 77 mg |
| Sodium | 421 mg |
| Carbohydrates | 26 g |
| Fiber | 7.4 g |
| Sugar | 4 g |
| Protein | 27.9 g |

Recipe source: The Tenderloin
Cooking School