Taco Salad

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.
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).

*Nutrition Information*

<table>
<thead>
<tr>
<th>Serving size: 1/6 of recipe (2 cups)</th>
<th>Calories</th>
<th>279</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>9.2 g</td>
<td></td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1.5 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>77 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>421 mg</td>
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</tr>
<tr>
<td>Carbohydrates</td>
<td>26 g</td>
<td></td>
</tr>
<tr>
<td>Fiber</td>
<td>7.4 g</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>4 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>27.9 g</td>
<td></td>
</tr>
</tbody>
</table>

Recipe source: The Tenderloin Cooking School

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

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Image source: Damn Delicious