



Taco Salad

Servings 4 | Prep time 5 mins. | Total time 15 mins.

Equipment:

Large bowl
Skillet/frying pan
Small bowl
Paper towels
Can opener
Colander or strainer

Utensils:

Wood spoon or spatula

Ingredients

1 tablespoon vegetable or olive oil
1 pound ground turkey, extra lean
1 small onion, chopped into 1/4-inch pieces
1 packet low-sodium taco seasoning OR 1 tablespoon chili powder, 1
tablespoon cumin, 1 teaspoon onion powder and 1/4 teaspoon cayenne
pepper
1 15 ounce can pinto or black beans, rinsed and drained
3/4 cup salsa
4 cups salad greens, torn into small pieces
2 tomatoes, chopped into 1/2-inch pieces
1/2 cup green pepper, chopped into 1/4-inch pieces
1/2 cup shredded cheddar cheese

Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and tops of cans.
2. In a medium skillet, heat oil over medium heat. Add ground turkey, onion and taco seasoning. Using a wooden spoon or spatula, break meat apart into small pieces. Cook thoroughly until meat is no longer pink, about 6 to 8 minutes.
3. Add beans and salsa to skillet and gently mix to incorporate and cook 3 to 4 more minutes, stirring occasionally.
4. While meat is cooking, place salad greens, tomatoes and green pepper in a mixing bowl and toss gently.
5. When ready to serve, spoon meat mixture over salad greens and top with shredded cheese.

Nutritional Information:

Calories 530 Total Fat 20g Sodium 1160mg Total Carbs 45g
Protein 46g