



Taco Salad

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

Equipment:

Large bowl
Frying pan
Can opener

Utensils:

Wood spoon or spatula
Measuring cups and spoons

Ingredients

1 tablespoon olive oil OR vegetable oil
1 pound lean (85% or leaner) ground turkey
1 onion, finely chopped
1/2 packet reduced sodium taco seasoning OR
2 tablespoons Celebrate Your Plate Taco

Seasoning

1 15 ounce can no salt added (pinto or black)
beans, drained and rinsed

3/4 cup salsa OR 3/4 Celebrate Your Plate

Summer Salsa

4 cups salad greens, torn into small pieces
2 medium tomatoes, chopped
1 medium green bell pepper, chopped
1/2 cup cheddar cheese, shredded

Nutritional Information:

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

Instructions

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