



# Taco Salad

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

**Equipment:** Large bowl, Skillet/frying pan, Can opener

**Utensils:** Wood spoon or spatula

## Ingredients

- 1 tablespoon olive or vegetable oil
- 1 pound ground turkey, 93% lean
- 1 onion, chopped small
- ½ packet low-sodium taco seasoning OR 1 tablespoon chili powder, 1 tablespoon cumin, 1 teaspoon onion powder and ¼ teaspoon cayenne powder
- 1 15 ounce can no salt added pinto or black beans, rinsed and drained
- ¾ cup salsa
- 4 cups salad greens, torn into small pieces
- 2 tomatoes, chopped
- ½ green pepper, chopped
- ½ cup shredded cheddar cheese

## Tips

- Leave taco meat on side until ready to serve

## 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 410

Total Fat 17g

Sodium 540mg

Total Carbs 33g

Protein 35g