



## Garden Taco Salad

### Ingredients

- 4 cups mixed lettuce greens
- 1 sweet red, yellow, or orange bell pepper, sliced
- 4 whole Roma tomatoes, cut into wedges
- 1/2 cup sweet purple onion, sliced
- 1/2 cup kidney beans, canned and drained
- 8 oz. lean ground longhorn, buffalo, or beef (93% lean or higher)
- 1 package taco seasoning
- 1/4 cup low-fat cheddar or Monterrey jack cheese, shredded
- 1/2 cup chunky-style garden salsa, mild or spicy
- 1/2 cup whole kernel Mexican-style corn, drained

### Nutrition Facts (per serving)

<b>Calories</b>	<b>590</b>
Fat (g)	15
Saturated Fat (g)	6
Cholesterol (mg)	57
Sodium (mg)	1200
Carbohydrate (g)	78
Fiber (g)	15
Protein (g)	38
Calcium (mg)	-

### Preparation

Brown ground meat in pan. Pour off any fat. Mix in taco seasoning and set aside. Slice pepper, onions, and tomatoes and toss with lettuce. Add kidney beans and corn to salad mixture. Chill. Top with salsa. Serve with baked tortilla chips.

Variations: Add low fat sour cream and/or sliced avocado

#### Tips:

- Add the salsa separately, so the leftover salad won't wilt
- Make soft tacos, roll leftover salad in a low fat flour tortilla
- Rinse beans and corn with water and use fresh salsa to reduce sodium.
- Use fresh cooked beans and corn to reduce sodium.

**Serves: 2**

**Serving Size: 2 Cups**

