



Taco Salad

Info:

Makes 4 Servings 430 Calories per Serving

LOW CAL

Ingredients:



- ❖ 2 Bags Chopped Lettuce
- ❖ 1lb 95% Lean Ground Beef
- ❖ Taco Meat Mix, you favorite brand
- ❖ 12 Regular-Sized Hard Taco Shells
- ❖ 4oz Reduced-Fat Cheddar or Mexican Cheese Mix
- ❖ 4 Tomatoes, diced
- ❖ 2 Bunches Green Onions, chopped
- ❖ 15 Sprigs Fresh Cilantro, de-stemmed and chopped
- ❖ 1 tsp Salt
- ❖ ¼ tsp Pepper
- ❖ Taco Sauce, your favorite brand
- ❖ Fat-Free Sour Cream (optional – 10 calories per Tbsp)

Preparation:



1. Prepare the ground beef according to meat mix package instructions
2. Bake taco shells according to package directions
3. Meanwhile, lay the lettuce out on the plates
4. After dicing and chopping the vegetables, drain the juice from the tomatoes using a paper towel in the bottom of a bowl, about 2 min.
5. Mix tomatoes, green onions, cilantro, salt and pepper together
6. Crush 3 taco shells over each plate of lettuce, then top with the beef
7. Sprinkle 1oz of cheese over the meat, topping it with the fresh tomato salsa, then add taco sauce to taste
8. Add a dollop of sour cream if desired and enjoy!