



QUICK TACO SALAD

August 26, 2010

Yield: 4 servings

12 ounces ground round
2 cups chopped yellow, red or green bell pepper
2 cups bottled salsa
¼ cup chopped fresh cilantro
4 cups coarsely chopped romaine lettuce
2 cups chopped plum tomato
1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese
1 cup crumbled baked tortilla chips (about 12 chips)
¼ cup chopped green onions

Cook beef and bell pepper in a large nonstick skillet over medium-high heat until beef is browned; stir to crumble. Add salsa; bring to a boil. Stir in cilantro; keep warm.

Place 1 cup lettuce on each of 4 plates; top with 1 cup meat mixture. Sprinkle each serving with ½ cup tomato, ¼ cup cheese, ¼ cup chips, and 1 tablespoon onions.

NUTRITION INFORMATION

Calories 332 (30% from fat); Fat 11.1g (sat 4.8g, mono 3.5g, poly 0.9g); Iron 5.6mg; Cholesterol 68mg; Calcium 348mg; Carbohydrate 28.5g; Sodium 908mg; Protein 32g; Fiber 6.3g.

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CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

Providing guidance and support to make the “healthy choice the easy choice.”



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