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Taco Salad

Ingredients:

- 3/4 pound lean ground beef
- 1/2 cup chopped onion
- 1 teaspoon garlic powder
- 2 teaspoon chili powder
- 1 (15½-ounce) can kidney beans, drained and rinsed
- 2 cups chopped fresh tomatoes, or 1 (28-ounce) canned diced tomatoes, drained
- 1 medium-size head of lettuce, shredded
- 6 ounces low fat cheddar cheese, shredded
- 1/2 cup Italian salad dressing, light
- vegetable oil spray

Makes 6 servings - 35% calories from fat

Instructions:

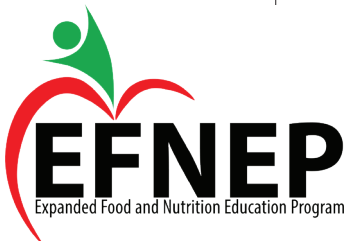
1. Spray large skillet with vegetable oil spray. In prepared skillet combine first four ingredients brown until cooked. Remove from heat, drain.
2. Place cooked ingredients into a large bowl and refrigerate until cool.
3. Add beans, tomatoes lettuce and cheese, tossing well.
4. Pour dressing on top of salad. Toss again, serve at once.

Notes:

- If desired serve salad with baked tortilla chips.
- Other beans may be substituted such as cannellini, black, or garbanzo (chick peas).

Nutrition Facts

Serving Size 2 cups	
Servings Per Container 6	
Amount Per Serving	
Calories 280	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 570mg	24%
Total Carbohydrate 21g	7%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 24g	
Vitamin A 25%	• Vitamin C 20%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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