

## Taco Salad

- 4 8-inch flour tortillas
- 1 pound ground turkey
- 1 tablespoon chili powder
- 1 14-ounce can red kidney beans, rinsed and well drained
- 1/2 cup salsa
- 4 cups shredded lettuce
- 1/2 cup shredded reduced fat cheese
- 1 large tomato, chopped
- Optional topping ingredients: additional salsa, diced green pepper, sliced green onions, sliced radishes, diced avocado, sliced black olives, fat free sour cream, light ranch dressing



1. Preheat oven to 425°F. Tear 4 large sheets of aluminum foil. Crumple each sheet into a 3-inch diameter ball and place on a baking sheet. Cover each ball with a tortilla. Spray tortillas with nonstick cooking spray. Bake 6 to 8 minutes, until golden brown.
2. In large skillet brown meat, breaking it into crumbles as it cooks. Drain well. Stir in chili powder, beans and salsa. Heat through.
3. Divide lettuce between tortilla shells. Top with meat, cheese and chopped tomato.
4. Serve with desired optional topping ingredients.

Serves 4.

Nutrition Facts (does not include optional toppings)		
Servings per recipe: 4		
<b>Calories 500</b>	Calories from fat 135	
	% Daily Value	
<b>Total Fat</b> 15g		23%
Saturated Fat 4g		19%
<b>Cholesterol</b> 93mg		31%
<b>Sodium</b> 613mg		26%
<b>Carbohydrate</b> 55g		18%
Dietary Fiber 9g		36%
<b>Protein</b> 38g		76%
Vitamin A: 45%	Vitamin C: 43%	Folacin: 45%
Calcium: 16%	Iron: 39%	Potassium: 29%