

# Taco Salad II

**Makes:** 4 servings

## Ingredients

- 1/4 pound** lean ground beef
- 1 1/2 teaspoons** cumin seed (ground, optional)
- 1 tablespoon** chili powder
- 1 cup** kidney or pinto beans (cooked)
- 1/2** head of lettuce (torn)
- 1** onion (small, diced)
- 2** tomatoes (large, cut up)
- 1/2 cup** cheddar cheese (shredded)
- 2 cups** light tortilla chips (broken)
- 1/2 cup** yogurt, non-fat
- 1/2 cup** salsa, chunky

## Directions

1. Prepare dressing in mixing yogurt and salsa, then set aside.
2. Brown ground beef and drain any fat; add beans, cumin and chili powder and heat through.
3. Toss lettuce, tomatoes, onion and cheese in large bowl.
4. Spoon on meat and bean mixture and top with broken tortilla chips.
5. Offer dressing on the side.
6. Refrigerate leftovers within two hours.

Washington State University Extension, Favorite Recipes for Family Meals

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	6 g	9%
Protein	12 g	
Carbohydrates	27 g	9%
Dietary Fiber	5 g	20%
Saturated Fat	3 g	15%
Sodium	290 mg	12%