



## **Taco Salad Recipe**

### **Ingredients:**

- 1 Pound lean ground beef
- 1 Package taco seasoning mix
- 1 Onion chopped
- 1 Cup water
- 1 Large head romaine lettuce, chopped
- 2 Tomatoes, chopped
- 1 Cup low-fat shredded cheddar cheese
- ¼ Cup Catalina dressing
- ½ Cup Greek yogurt, fat free sour cream or low fat cottage cheese
- ½ Cup salsa
- 2 Large whole wheat soft tortillas

### **To prepare:**

Brown the meat and onions in a skillet.

Stir in the seasoning mix with water and bring to a boil. Cover and simmer over medium heat for three minutes.

Bake tortillas for 3-5 minutes or until golden brown.

In a large bowl, combine lettuce and tomatoes. Top lettuce with meat, then layer salad with cheese and small pieces of baked tortillas.

Drizzle salad with Catalina dressing and serve with Greek yogurt, (or sour cream or cottage cheese) and salsa. Serve.

### **Per serving (makes 6):**

Calories: 368

Carbs: 23g

Fat: 14.8g

Protein: 33g