



Tasty Taco Salad



\$6.93 per recipe

Nutrition Facts

6 servings per container	
Serving size 2 1/2 cups (362g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 590mg	26%
Total Carbohydrate 30g	11%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 4mg	20%
Potassium 765mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:



8 ounces lean ground turkey

2 tablespoons chili powder

2 teaspoons cumin

1 head romaine lettuce



1 cup tomatoes, diced



1, 15-ounce can no-salt-added corn



1, 15-ounce can low-sodium black beans



1 cup salsa



1 cup sharp cheddar cheese

Meal Idea

Tasty Taco Salad



Whole wheat baked tortilla chips



Vanilla yogurt topped with berries



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Tools Needed:



colander



large skillet



stove top



heat-safe
spoon



meat
thermometer



dry
measuring
cups



chef's knife



cutting
board



can opener



measuring
spoons



vegetable
brush



large mixing
bowl



tongs

Directions:

1

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



2

Rinse produce in a colander under cold running water. Gently scrub tomatoes with a vegetable brush.



3

Heat a large skillet over medium heat. Add 8 ounces of ground turkey, and cook by breaking it up with a spoon.



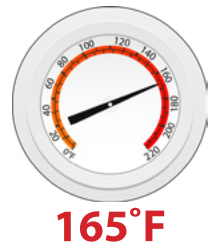
4

After handling the raw ground turkey, wash hands with warm water and soap, scrubbing for at least 20 seconds.



5

Cook until ground turkey reaches an internal temperature of 165 degrees F (about 10 minutes).



6

Drain fat using a colander. Be sure not to drain fat directly into the sink. Return turkey to pan. Throw grease in the trash after it has cooled.



7

Add 2 tablespoons chili powder and 2 teaspoons cumin to the turkey. Stir to combine, and let cool slightly.



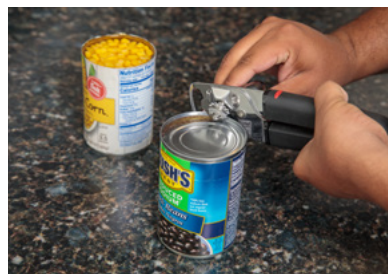
8

Chop 1 head of romaine lettuce. Dice one cup of tomato.



9

Open, drain, and rinse 1 can of black beans.



10

Open and drain 1 can of corn.



11

In a large bowl, layer lettuce, ground turkey mixture, tomatoes, black beans, corn, 1 cup salsa, and 1/2 cup sharp cheddar cheese.



12

Toss salad with tongs right before serving. Serve immediately.



**recipe makes 6 servings*

13

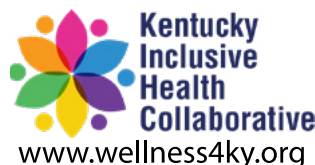
Cover, and store in the refrigerator within 2 hours.
Eat within 3-4 days.



Source: Brooke Jenkins, Extension Specialist, University of Kentucky Nutrition Education Program

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