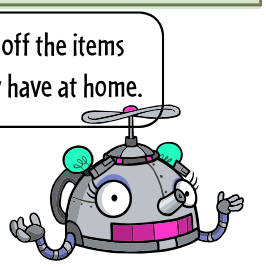
SHOPPING LIST

Taco Salad

- Olive Oil
- Red Onion
- Ground Turkey
- Chili Powder
- Ground Cumin
- Salt and Pepper
- Frozen Corn Kernels
- Canned Black Beans
- Romaine Lettuce
- Tomato
- Lime Juice
- Chopped Cilantro



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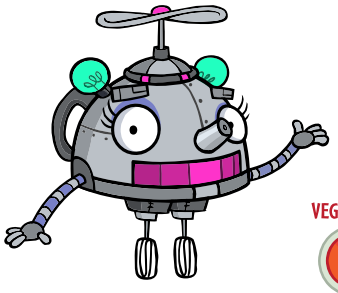
DINNER

PBS KIDS GO!

FIZZY'S LUNCH LAB

Taco Salad



VEGETARIAN	TIME	DIFFICULTY	SERVES
V	L	M	6
NO	About 30 min.	Medium	

YOU WILL NEED

- **3 tablespoons** olive oil (x 3)
- **1/2** small red onion, chopped
- **1/2 pound** ground turkey
- **1 teaspoon** chili powder
- **1 teaspoon** ground cumin
- salt and pepper
- **1 cup** frozen corn kernels
- **1** (14.5-ounce) can black beans, drained and rinsed
- **6 cups** chopped romaine lettuce (x 6)
- **1** large tomato, chopped
- **3 tablespoons** lime juice (x 3)
- **2 tablespoons** chopped cilantro (x 2)

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Serve salsa, shredded cheese and chunks of avocado at the table.
Serve with oven-baked corn chips for extra crunch.

STEP 1: Heat 1 tablespoon of the oil in a 12-inch nonstick skillet over medium heat. When hot, add the onion and cook, stirring occasionally, until tender and beginning to brown, about 10 minutes. Add the turkey, chili powder, cumin, 1/2 teaspoon salt and 1/4 teaspoon pepper. Break up the meat with a wooden spoon and cook until no longer pink, about 5 minutes. Add the corn and black beans, and gently toss together until heated through, about 3 minutes longer. Season with salt and pepper to taste and remove from heat.

STEP 2: Mound the lettuce and tomato on a platter. Top with the turkey mixture. Whisk the remaining 2 tablespoons oil, lime juice, cilantro and 1/4 teaspoon salt together, and drizzle over the salad. Serve.

Nutrition Facts

Serving Size 1 serving (208g)
Servings Per Container

Amount Per Serving	
Calories 180	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 410mg	17%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 14g	

Vitamin A 60% • Vitamin C 35%
Calcium 4% • 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