



DINNER

Taco Salad

Makes 4 servings (serving size ¼ of recipe)

Ingredients:

1 lb of 99% raw lean ground turkey or 95% lean beef
 1 teaspoon chili powder
 1 teaspoon garlic powder
 2 teaspoon cumin
 1/8 teaspoon salt
 1 head of iceberg lettuce
 2 medium sized tomatoes
 1 medium onion diced
 1 cup of shredded light cheddar cheese
 4 Tablespoons low-fat Thousand Island salad dressing

Directions:

Brown ground turkey in frying pan over medium to high heat until no longer pink. Drain. Add seasonings including salt and 1/4 cup water. Cook uncovered for 2 to 4 minutes until most of the liquid is absorbed.

Shred lettuce, cheese, and chop the tomatoes and onion. Combine in a large bowl. Add hamburger mixture to the lettuce mixture. Mix in the 4 tablespoons of dressing.

Nutrition Information per serving:

(with ground beef): Calories 266

Fat 9g

Sat fat 4.5g

Sodium 356mg

Carbohydrate 14g

Protein 36g

Fiber 3g

(with ground turkey): Calories 241

Fat 4g

Sat fat 1.5g

Sodium 353mg

Carbohydrates 14g

Protein 36g

Fiber 3g

350 calorie meal = 1S, 3P, 2V, 1O, 1F	500 calorie meal = 2S, 4P, 2V, 2O, 1F	600 calorie meal = 3S, 4P, 2V, 2O, 1F
1 serving of ground turkey salad (PPP, VV, O)	1 serving of ground turkey or ground beef salad (PPP, VV, O)	1 serving of ground turkey or ground beef salad (PPP, VV, O)
1 small tortilla (80 calories) (S)	2 small tortillas (80-calories each)(SS)	1 large tortilla (240 calories) (SSS)
1 ¼ cups strawberries (F)	2 Tbsp low-fat sour cream (O)	2 Tbsp low-fat sour cream (O)
	1 ¼ cups strawberries (F)	1oz (¼ cup) lowfat cheese (P)
	1oz (¼ cup) lowfat cheese (P)	1 ¼ cups strawberries (F)