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## Beef Taco Salad

### Ingredients

1 lb. extra lean ground beef  
1 onion, chopped  
1 package taco seasoning mix (or season meat with chili powder)  
1 cup pinto or black beans, rinsed and drained  
4 cups shredded lettuce  
6 oz. shredded fat-free cheddar cheese  
2 tomatoes, chopped  
Bunch of fresh cilantro, washed and chopped  
6 Tbsp. light sour cream  
1 bunch green onions, chopped  
Salsa of your choice  
Optional: Baked tortilla chips, chopped black olives

### Directions

In a large nonstick skillet, brown ground beef with onion — cook until well done, not pink.

Drain off fat and add taco mix with water as per package directions, along with beans and sprinkle of cilantro. Continue cooking according to package directions or until ingredients are thoroughly combined.

Arrange six individual salad plates starting with a small layer of shredded lettuce, then top with beef/bean mixture, shredded cheese, tomatoes and cilantro. In the center add 1 tablespoon sour cream, sprinkle with chopped green onion and add a dollop of salsa.

Depending on how many days you went to the gym this week, you can start with a layer of baked chips on the bottom. As a colorful garnish, add a red or green corn chip right in the center.

### Nutritional Facts

Yield: 6 servings

### Nutritional Facts (Per Serving)

Calories: 192

Fat: 4 G

Protein: 20 G  
Carbohydrates: 19 G