

Arizona

Taco Salad

Featured Food: Lettuce

Makes: 4 servings

Ingredients

- ½ pound ground beef
- 1 cup kidney or pinto beans
- 2 teaspoons ground cumin
- 1 tablespoon chili powder
- ½ head of lettuce, torn
- 1 small onion, diced
- 2 medium tomatoes, diced
- 1 can corn, drained (15 ounces)
- ½ cup cheddar cheese, shredded
- 2 cups whole grain tortilla chips, broken
- ½ cup plain yogurt
- ½ cup salsa



Directions

1. Brown ground beef and drain any fat.
2. Add beans, cumin, and chili powder and heat through.
3. Toss lettuce, tomatoes, onion, and cheese in large serving bowl.

4. Spoon on meat and bean mixture and top with broken tortilla chips.
5. Prepare dressing by mixing yogurt and salsa. Serve on the side of the salad.

Recipe from: *Favorite Recipes for Family Meals*, Washington State University Extension, adapted by the USDA Food and Nutrition Administration.

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