

Taco Salad

1 lb. ground turkey
1 envelope taco seasoning
1 ½ cup Tostitos, crumbled into big chunks
1 (15 ounce) can black beans, drained
Cut kernels off 2 ears of corn
1 head Romaine lettuce, chopped
6 green onions, chopped
1 cup light Catalina dressing
1 cup cheddar cheese, shredded
1 large tomato, diced
1 small can black olives, sliced

Directions:

1. Brown ground beef, drain grease, adding taco seasoning and follow directions on package.
2. Layer items starting from bottom as listed: ground turkey, Tostitos, black beans, corn, lettuce, green onions, Catalina, cheese, tomatoes, and olives.

Serves 8

Nutrient Analysis, per serving: 333 calories, 34g. carbohydrate, 21g. protein, 12g. fat, 733mg. sodium