

Taco Salad

A meal in a bowl!

8-10 servings

Ingredients:

- 1 small head lettuce, washed and well drained
- 1 small onion, diced
- 1 tomato, diced
- 1 can chili beans
- 1 cup shredded cheddar cheese
- 1 cup tangy low fat French dressing
- 2 cups taco chips, crushed

Directions:

1. In a large bowl, tear lettuce into bite-size pieces.
2. Add onion, tomato, beans and cheese.
3. Just before serving, add dressing and chips.

Nutrition Facts: One 1 cup serving provides 230 calories, 8g total fat, 15mg cholesterol, 790mg sodium, 35g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Taco Salad
Apple Slices
Chocolate Chip Cookie
Low Fat Milk

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