

Taco Salad

A meal in a bowl!



Level: Easy

Serves: 8 to 10

Kids' Tool Kit

Large bowl
Sharp knife
Cutting board
Measuring cup
Strainer
Spoon

Chef's Choice

Taco Salad
Apple slices
Chocolate chip
cookie
Low fat milk

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:

Remember to wash your hands!

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.



Helpful Hints: A meal all ages can help prepare! Preschoolers can tear lettuce and crush chips; older kids can dice and drain. Kids are more willing to try new foods if they have had a hand in preparation.

Set ingredients out in individual bowls and let kids "build" their own salads. Adding cooked ground beef is another variation for this salad. You can use a can of kidney beans rinsed and drained plus 1 teaspoon of chili powder instead of chili beans if you like.

Taco salad is a perfect recipe for a picnic. Mix the salad ingredients in a large bowl with a lid. When it's time to eat, add the crushed chips, pour on the dressing, toss and serve.



Safety Tips: If there is Taco Salad left at the end of a hot picnic, do not save it for another meal. Remember the rule: If in doubt, toss it out!

Nutrition Facts

Serving Size 1 cup (186g)
Servings Per Container 8

Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 3.5g 17%

Cholesterol 15mg 5%

Sodium 790mg 33%

Total Carbohydrate 35g 12%

Dietary Fiber 5g 19%

Sugars 8g

Protein 8g

Vitamin A 20% • Vitamin C 10%

Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.