

Warm Taco Salad – by Paula Hendricks, Nutrition Consultant



Serve this deliciously sassy salad dish for dinner tonight. The sauce has just the right amount of spice but if you like a little more picante, add some jalapenos. This meal can be made in advance – just heat and serve. Enjoy on any of the Key Diets.

Ingredients:

- 1 T. olive or canola oil
- 1 small onion, chopped, about 1 cup
- 2 garlic cloves, minced
- 1 lb. extra lean ground meat (beef or turkey)
- 7 oz. can diced green chilies
- 1 cup red and/or yellow peppers, diced
- 1 cup salsa, fresh or from jar
- 2-3 T. Taco seasoning from a package
- 1 ½ cups Kraft 2% shredded Mexican or cheddar cheese
- Chopped lettuce, tomato, cucumbers and one diced avocado for salad
- Sour cream, fresh cilantro, and optional jalapeno peppers



Instructions:

In a large hot skillet, add oil and onion, sauté for 3 minutes. Add the garlic and meat. Brown the meat until cooked, about 6 minutes. Toss the green chilies, salsa, peppers and taco seasoning with the meat and mix. Turn off heat and mix in half of the cheese. Pour mixture into an 8 x 11 baking dish.

Sprinkle the remaining cheese over the dish and bake in oven for about 15-20 minutes at 400 degrees. Remove from oven and serve warm over a salad or on the side. Garnish with a dollop of sour cream.

Nutritional Analysis: Each serving contains approximately 35 grams of protein, 19 grams of net carbs, 7 grams of fiber, 22 grams of fat, and about 475 calories.