

# Taco Salad

**Prep Time: 10 minutes**

**Makes 2 servings**

## Ingredients:

4 cups chopped romaine lettuce  
1 chopped medium tomato  
1 cup canned black, kidney, or pinto beans  
1/2 cup canned or frozen (thawed) corn  
1/4 cup shredded cheddar cheese  
1 cup crushed tortilla chips

## Dressing Ingredients:

1/4 cup low-fat sour cream or plain yogurt  
1/4 cup lime juice or juice of 1 lime  
1/4 teaspoon salt  
1/8 teaspoon black pepper

## Directions:

1. Chop lettuce and tomato. Drain and rinse beans and corn.
2. Add lettuce, tomato, beans, and corn to a large bowl.
3. In a small bowl, mix together dressing ingredients. Pour dressing, shredded cheese, and crushed tortilla chips over salad just before serving.
4. Toss to coat and serve immediately.
5. If desired, add extra toppings! Examples include: chopped cucumber, jalapeno, avocado, bell peppers, grated carrots, chopped onion, black olives, or salsa.



**Soluble fiber found in beans can help lower cholesterol**



Cerro Gordo County  
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

## RECIPE TIPS

### Substitutes:

Plain yogurt is a great substitute in many recipes. Use plain Greek yogurt for extra protein and a thicker texture. Replace sour cream with Greek yogurt anytime! Use it in place of sour cream to make healthy dips, casseroles, and as a topping for baked potatoes.

Serving Size: 1/2 recipe

### Nutrition Facts:

Calories: 340  
Fat: 13 g  
Saturated Fat: 6 g  
Sodium: 550 mg  
Total Carbohydrates: 42 g  
Fiber: 11 g  
Protein: 16 g



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**Nutrition Services**

Recipe modified from: Brown, L., *Good and Cheap: Eat Well on \$4/Day*. 2014. Web. <http://www.leannebrown.com/cookbooks/>

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