



Recipe of the Month – June

Healthy Taco Salad

Serves 6

Serving Size 2 cups of salad, 1/6 of recipe

Ingredients:

¼ pound	ground turkey breast
1 ½ tsp	ground cumin
1 Tbsp	chili powder
1 cup	kidney or pinto beans (cooked)
12 cups	fresh spinach leaves
1 small	onion diced
2 large	tomatoes chopped
½ cup	2% reduced-fat shredded cheddar cheese
2 cups	light tortilla chips broken into pieces
½ cup	plain Greek yogurt
½ cup	salsa

Directions:

1. Prepare dressing by mixing the yogurt and salsa, set aside
2. Brown the ground turkey and drain any fat
3. Add the beans, cumin, and chili powder
4. Heat through
5. Toss the fresh spinach, tomatoes, onion, and cheese in a large bowl
6. Spoon the ground meat and bean mixture over the spinach mix and top with the broken tortilla chips
7. Offer dressing on the side
8. Refrigerate leftovers within 2 hours

NUTRITION FACTS PER SERVING: Calories 210, Total Fat 6g , Saturated Fat 3g, Trans Fat 0g, Cholesterol 25mg, Sodium 290mg, Total Carbohydrate 27g, Dietary Fiber 5g, Sugars 5g, Protein 12g