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

Recipe compliments of Washington State University Extension, Favorite Recipes for Family Meals, modified by Ohio State University Extension