



Romaine Taco Salad

Salad Ingredients:

1 small package Lean Ground Beef – browned and drained
Taco Seasoning
Water
Tomatoes
Onion
Fresh Cilantro
1 can Black Beans - Rinsed
Romaine Lettuce
Low fat Mozzarella Cheese
Low fat Sharp Cheddar
Blue Corn Tortilla Chips (optional) – crushed on top of salad

Avocado Salsa Dressing:

1 Whole Avocado
1 cup Tostitos Salsa (I use mild)

Brown Ground Beef in a pan & drain fat off before adding taco seasoning & water. Chop Onion, Tomatoes, Cilantro, and Romaine Lettuce. Rinse Black beans in a colander. Shred Low fat Cheddar and Mozzarella. Puree avocado and salsa in food processor until smooth (add water to thin if necessary). Mix all ingredients together in a bowl and top with crushed tortilla chips (optional).

Serves 4

FLT Servings: 1 cup = 1 Category 1 veggie, 1/2 Protein, 1 Oil, 1/2 Legume