

# Taco Salad

Looking for a salad with an interesting twist? Try this quick and easy Mexican-inspired taco salad! It's a tasty way to provide several important nutrients like potassium, folate, iron and calcium.



## Ingredients:

### For Taco Seasoning:

1 Tbsp	Paprika	15 mL
1 Tbsp	Onion flakes	15 mL
1 Tbsp	Parsley flakes	15 mL
1 Tbsp	Flour	15 mL
1 tsp	Garlic powder	5 mL
1 tsp	Cumin	5 mL
½ tsp	Black pepper, ground	2 mL

### For Taco Salad:

1 Tbsp	Canola oil	15 mL
1 lb	Lean ground beef	454 g
⅓ cup	Onion, minced or 2 Tbsp (30 mL) onion flakes	75 mL
1 Tbsp	Taco seasoning (see above)	15 mL
4 cups	Baked tortilla chips	1 L
2 cups	Lettuce, shredded	500 mL
2 medium	Tomatoes, diced	2 medium
½ cup	Green onion, minced	125 mL
¼ cup	Cilantro, minced	60 mL
1 cup	Reduced fat cheddar cheese, 21 % M.F. or less, shredded	250 mL
½ cup	Plain 1 % M.F. yogurt	125 mL
1 cup	Prepared salsa	250 mL

## Directions:

1. Mix all ingredients for taco seasoning together and store in an air-tight container.
2. In a heavy skillet, heat oil and add ground beef. Cook on medium heat until browned.
3. Add onion and cook until soft.
4. Add taco seasoning, mix and remove from heat. Set aside.
5. On a serving platter, arrange the chips and add the cooked meat on top.

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6. Layer vegetables on top of the meat.
7. Add cheese and garnish with yogurt and salsa.

**Makes 4 servings (500 mL/ 2 cups/ 355 g)**

<b>Nutrition Facts</b>	
Per ¼ of recipe (500 mL / 2 cups / 355 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 510	
<b>Fat</b> 23 g	<b>35 %</b>
Saturated 9 g	<b>45 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 85 mg	
<b>Sodium</b> 850 mg	<b>35 %</b>
<b>Carbohydrate</b> 38 g	<b>13 %</b>
Fibre 5 g	<b>20 %</b>
Sugars 8 g	
<b>Protein</b> 38 g	
Vitamin A	100 %
Vitamin C	35 %
Calcium	45 %
Iron	30 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
High in fibre	5 g
Very high in potassium	969 mg
Very high in calcium	465 mg
Very high in magnesium	93 mg
Very high in folate	89 mcg
Very high in iron	4.3 mg
High in fibre	5 g

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	2
Grain Products	0
Milk and Alternatives	½
Meat and Alternatives	1 ½

This is a Choose Sometimes recipe (Mixed Dish–Meat-based) according to the Alberta Nutrition Guidelines.