

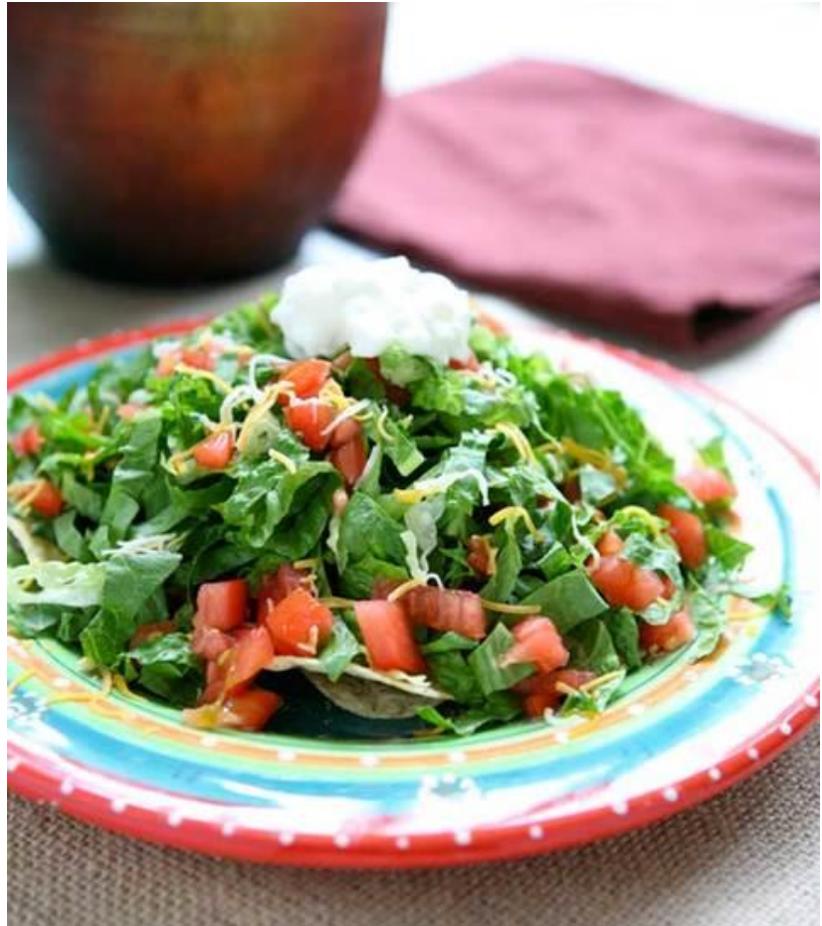
*This lighter version of a taco salad is a good source of protein and veggies, perfect for a colorful, nutritious lunch!*

## Lightened-Up Taco Salad

Yields: 6 Servings

### Ingredients:

- Olive oil
- 2 lbs. ground turkey
- 1 large onion, chopped
- 1 T. cumin
- ½ tsp. salt
- 1 tsp. pepper
- 1 tsp. dried oregano
- 1 tsp chili powder
- 2 cloves garlic
- 1 can black beans, rinsed and drained
- 1 small can tomato paste
- 1 (14 oz.) can tomatoes with green chilies
- 1 cup water
  
- Shredded lettuce
- Chopped fresh tomato
- Chopped fresh cilantro
- Shredded sharp cheddar
- Light sour cream
- Salsa



### Directions:

1. Preheat a large skillet to medium-high heat. Drizzle with olive oil. Add ground turkey and onions. Brown meat. Add all spices and garlic. Cook for 2 to 3 minutes and add beans, tomato paste and canned tomatoes. Add water and stir well. Bring to a boil and reduce to simmer. Cook for 20 to 30 minutes or until thickened.
2. Layer meat, lettuce, tomatoes and cheese on plate. Top with salsa and a bit of light sour cream.

**Nutrition per serving:** 273 Calories, 5.1 g Fat, 18.4 g Carbohydrate, 38.9 g Protein, 4.2 g Fiber, 438 mg Sodium