



Easy Taco Salad

- 2 tsp extra virgin olive oil
- 1 pound 95 percent lean ground beef (or turkey)
- 1 package taco seasoning
- 1/4 cup fresh chopped cilantro
- 2 heads romaine lettuce hearts, chopped
- 1 cup reduced-fat Mexican blend shredded cheese
- 1 - 15oz can organic black beans, drained and rinsed
- 1 red pepper, diced
- 1 cup frozen corn, thawed
- 1 cup fresh or bottled salsa
- 4 green onions, minced
- 1 cup crumbled baked corn tortilla chips (about 12 chips)
- 2 limes cut into 8 wedges

Heat 1 teaspoon oil and cook ground beef (or turkey) in a large nonstick skillet over medium-high heat until browned, stirring to crumble.

Add taco seasoning and water following instructions on package.

Remove from heat and set aside.

Preheat oven to 350 degrees Fahrenheit. Combine corn and red peppers and coat with 1 teaspoon oil and season with salt and pepper.

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Assemble salad by dividing lettuce onto plates and topping with ground beef, salsa, cilantro, black beans, corn and red pepper mixture, cheese, and tortilla chips. Garnish with lime wedge. Makes 8 servings.

Nutrition Information (per Serving): 255 calories, 10g fat, 20g carbohydrates, 25 g protein, 557 mg sodium

