

# Fiesta Taco Salad

- 1 small head of lettuce, torn into small pieces
- 2 fresh tomatoes, chopped
- ½ cup green pepper, chopped
- 1 pound lean ground beef or ground turkey
- 1 small onion, chopped
- 1 (15 ½ ounce) can pinto beans, rinsed and drained
- ¾ cup salsa or taco sauce
- Baked tortilla chips, crumbled
- Additional salsa as desired



1. Wash and prepare fresh vegetables.
2. Put lettuce in large bowl. Add tomatoes and green pepper.
3. Brown onion and meat in fry pan. Drain off fat and liquid.
4. Mix meat, beans, and salsa. Add to salad mixture.
5. Serve with additional salsa and crumbled, baked tortilla chips.

## Tips:

- Refrigerate the leftovers. It's still delicious!
- Try different beans, such as kidney or black beans.

## Nutrition Facts:

Serving size: About 1 cup; Calories: 220; Fruit and Vegetables: 2 servings; Fat: 7 g; Fiber: 7 g

**Serves 6**

Recipe courtesy of the UMass Extension Nutrition Education Program

## Food Safety Tips

Any food, whether it's produced conventionally, organically or in your own garden may be contaminated by bacteria. In your own kitchen it's up to you to prepare food properly to avoid foodborne illness and to stay healthy.

### Clean and Separate

- Wash your hands with warm water and soap before preparing food.
- Rinse all raw fruits and vegetables.
- Separate fresh fruits and vegetables from raw meats, poultry, and seafood.
- Clean cutting boards and utensils after contact with raw meats, poultry, and seafood.

### Cook and Chill

- Cook meat, poultry, and seafood to the proper temperature, using a food thermometer.
- Cook eggs until the yolk and white are firm.
- Refrigerate or freeze perishable foods and leftovers within 2 hours of purchase or use.

For proper cooking temperatures see: [www.fsis.usda.gov/Is\\_It\\_Done\\_Yet/](http://www.fsis.usda.gov/Is_It_Done_Yet/)