

BEEF CONFETTI TACO SALAD

Enjoy this salad at home on Taco Tuesday or any night of the week. Your favorite taco ingredients are deconstructed and served up on a salad. No taco shell needed. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | SERVINGS: 4

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- $\frac{2}{3}$ cup salsa
- $\frac{1}{2}$ cup low-fat shredded Cheddar cheese
- 1 medium tomato, chopped (about one cup)
- 8 cups mixed salad greens
- $\frac{1}{2}$ cup diced bell pepper
- $\frac{1}{4}$ cup thinly sliced red onion

BEEF.
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COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into $\frac{3}{4}$ -inch crumbles and stirring occasionally. Pour off drippings. Stir in salsa; cook 2 minutes. Remove skillet from heat; keep warm.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

2. Line 4 plates with salad greens. Divide beef mixture among 4 plates. Top beef with cheese, tomato, pepper and onion. Garnish with olives and dressing, as desired.

Nutrition information per serving: 221 Calories; 60.3 Calories from fat; 6.7g Total Fat (3.2 g Saturated Fat; 0.2 g Trans Fat; 0.4 g Polyunsaturated Fat; 2.5 g Monounsaturated Fat;) 79 mg Cholesterol; 571 mg Sodium; 8.1 g Total Carbohydrate; 3 g Dietary Fiber; 30.9 g Protein; 3.9 mg Iron; 645 mg Potassium; 7.1 mg NE Niacin; 0.5 mg Vitamin B₆; 2.5 mcg Vitamin B₁₂; 6.5 mg Zinc; 20.9 mcg Selenium; 90.6 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, and Choline.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety