

# Taco Salad Ole'

If you wish, make your own mix for the taco seasonings to suit your taste. You can make the seasoning as mild or hot as you wish. Many commercial taco seasonings have added sugar and a very high amount of sodium content. One brand of commercial taco seasoning mixes that doesn't contain sugar is Hain Taco Seasoning Mix. You can find fat free refried beans available in the grocery markets. The calorie count of this recipe is calculated with the regular refried beans since the USDA data base information used to calculate all of the recipes does not list the fat free refried beans. A 1/2 cup serving of fat free refried beans is: 130 calories, 0 fat grams, 0 cholesterol, 490 mg. sodium, 24 grams carbohydrates, 7 grams fiber and 9 grams of protein.

- 1 16 ounce can fat free refried beans
- 16 ounces ground turkey breast meat
- 1 teaspoon chili powder
- 1/2 teaspoon onion powder
- 3/4 cup water
- 4 corn tortillas
- 15 ounces romaine lettuce
- 1 cup tomatoes, chopped
- 1 cup onions
- 1 cup Avocado, cubed
- 1/3 cup plain yogurt
- 4 tablespoons salsa
- olive oil spray

Preheat the oven to 350 degrees F. Cut the tortillas into thin strips and spray with olive oil spray. Place in a single layer in a shallow pan and bake for 10-12 minutes. Set aside. Brown ground turkey breast in large skillet on Medium-high heat. (Add water or chicken broth to prevent from drying out) Stir in chili powder, onion powder and water. Bring to a boil. Reduce heat and simmer 5 minutes, stirring occasionally. While the turkey cooks, heat the refried beans. To assemble the salad, layer beans, turkey, lettuce, tomatoes, onions and your favorite toppings in individual bowls. Use 1/4 to 1/2 cup refried beans and 1/4 to 1/2 cup seasoned ground turkey for each serving. Top salad with preferred toppings and corn tortilla strips. Note: The calories are calculated using 1/2 cup refried beans and 1/2 cup ground turkey.

**Servings: 4**

**Yield: individual bowls**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

water

olive oil spray

Amount Per Serving	
<b>Calories</b>	429.03
Calories From Fat (24%)	103.04
% Daily Value	
<b>Total Fat</b> 12.02g	<b>18%</b>
Saturated Fat 2.67g	<b>13%</b>
<b>Cholesterol</b> 61.47mg	<b>20%</b>
<b>Sodium</b> 1658.05mg	<b>69%</b>
<b>Potassium</b> 1459.18mg	<b>42%</b>
<b>Carbohydrates</b> 52.04g	<b>17%</b>
Dietary Fiber 15.37g	<b>61%</b>
Sugar 10.15g	
Sugar Alcohols 0.00g	
Net Carbohydrates 36.68g	
<b>Protein</b> 31.73g	<b>63%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 16 ounce can fat free refried beans	2 x 1 cup of Refried beans, canned (includes USDA commodity)
16 ounces ground turkey breast meat	16 x 1 oz of Turkey breast meat
1 teaspoon chili powder	1 x 1 teaspoon of Spices, chili powder
1/2 teaspoon onion powder	0.50 x 1 teaspoon of Spices, onion powder
3/4 cup water	Not linked
4 corn tortillas	4 x 1 medium tortilla (approx 6" dia) of Tortillas, ready-to-bake or -fry, corn, without added salt
15 ounces romaine lettuce	15 x 1 ounce of Lettuce, cos or romaine, raw

1 cup tomatoes, chopped	1 x 1 cup, chopped or sliced of Tomatoes, red, ripe, raw, year round average
1 cup onions	1 x 1 cup, chopped of Onions, raw
1 cup Avocado, cubed	1 x 1 fruit without skin and seeds of Avocados, raw, California
1/3 cup plain yogurt	0.33 x 1 cup (8 fl oz) of Yogurt, plain, whole milk, 8 grams protein per 8 ounce
4 tablespoons salsa	4 x 1 tablespoon of Sauce, ready-to-serve, salsa
olive oil spray	Not linked

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