

## Tex-Mex Taco Salad

Servings: 2

From

<http://www.recipe.com/tex-mex-taco-salad/?sssdmh=dm17.608305&esrc=nwdro72512&email=5020641495>

### Ingredients

1/2 cup prepared salsa  
2 Tbsp fat-free sour cream  
1/2 tsp olive oil  
1 small onion, chopped  
1 tsp minced garlic  
1/2 lb lean ground beef (or turkey)  
1 roma tomato, diced  
8 oz canned kidney beans, rinsed  
1 tsp ground cumin  
1 tsp chili powder  
2 Tbsp chopped fresh cilantro  
4 cups shredded lettuce  
1/4 cup shredded reduced fat cheese

### Preparation

- 1) Combine salsa and sour cream in a large bowl.
- 2) Heat oil in a medium nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, 1 to 2 minutes. Add beef (or turkey) and cook, stirring often, until cooked through, 3 to 5 minutes.
- 3) Add tomato, beans, cumin, and chili powder to the skillet; cook, stirring, until the tomato begins to break down, about 2 minutes. Remove from the heat, stir in cilantro and 2 tablespoons of the salsa mixture.
- 4) Add lettuce to the remaining salsa mixture and toss to coat. Divide the lettuce between 2 plates, top with the cooked meat and sprinkle with cheese.