

# Quick Taco Salad

Yield

4 servings

October 1999

## COOKING LIGHT

This easy mexican taco salad will become your go-to weekday recipe to please the whole family. Rated 5 stars by our users, this flavorful salad is fast, easy, and so delicious. Ready in just minutes flat, this salad makes the perfect accompaniment to a busy weeknight or a tight schedule. With an authentic and flavorful edge, this salad soars above the rest in its simplicity, short ingredient list, and speed. This would also make for a perfect Cinco de Mayo dinner or lunch.

## Ingredients

12 ounces ground round

2 cups chopped yellow, red, or green bell pepper

2 cups bottled salsa

1/4 cup chopped fresh cilantro

4 cups coarsely chopped romaine lettuce

2 cups chopped plum tomato

1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese

1 cup crumbled baked tortilla chips (about 12 chips)

1/4 cup chopped green onions

## How to Make It

**Step 1** Cook beef and bell pepper in a large nonstick skillet over medium-high heat until beef is browned; stir to crumble. Add salsa; bring to a boil. Stir in cilantro; keep warm.

**Step 2** Place 1 cup lettuce on each of 4 plates; top with 1 cup meat mixture. Sprinkle each serving with 1/2 cup tomato, 1/4 cup cheese, 1/4 cup chips, and 1 tablespoon onions.

## Chef's Notes

Whether you're pairing this with a refreshing glass of sparkling water or a margarita, this salad is the perfect go-to quick meal for satisfying a Mexican craving. Pair with a lime and cilantro rice or quinoa.

## Nutritional Information

- Calories 332, • Caloriesfromfat 30%,
- Fat 11.1g, • Satfat 4.8g,

- Monofat 3.5g, • Polyfat 0.9g,
- Protein 32g, • Carbohydrate 28.5g,
- Fiber 6.3g, • Cholesterol 68mg,
- Iron 5.6mg, • Sodium 908mg,
- Calcium 348mg.

## Favour5's Review

**Kuulei**

October 11, 2014

YUMMY!

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## Leighbee1934's Review

**maddypotpie**

July 17, 2014

Super easy and fast. Crowd pleaser for sure!! :)

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## Kristineksw's Review

**slausier**

June 23, 2014

I used Jimmie Dean precooked turkey sausage and added kidney beans to the salad. Very good! This made it even healthier and easier.

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## JennyHartman's Review

**Kristineksw**

May 14, 2013

N/A

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## gemdomer's Review

**ttu1995**

May 07, 2012

Delicious and really fast! I left out the green onion and added avocado and a little bit of ranch dressing. The ground beef mixture would be good on nachos too.

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## katiesobba's Review

**user**

July 10, 2011

I LOVE this recipe! The only thing I changed was I used ground turkey instead of beef and 1 1/2 cups salsa instead of 2 cups. It had great flavor and we will be making it again! Yum

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## maddypotpie's Review

**katiesobba**

May 20, 2011

Nom nom nom! I used ground turkey and full fat cheese (the reduced fat stuff tastes like plastic to me). This recipe is perfect because it cooks up so quickly and it is easily adjusted to suit your tastes.

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## **jen253's Review**

**Leighbee1934**

May 09, 2011

N/A

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## **chunky's Review**

**coffeygirl**

November 11, 2010

Fantastic!! Will make again! I used extra spicy salsa! I loved how hearty it was and the extra sharp cheddar made it amazing!

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## **Kuulei's Review**

**JennyHartman**

September 22, 2010

This meal is very light, yet super in taste! I used butter leaf lettuce as a shell rather than the traditional taco shell.

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