**Taco Salad**

**Ingredients**

**Dressing:**
- ¼ cup Plain, Low-Fat Yogurt (Greek or regular)
- Juice of 1 lime
- Salt and Pepper, to taste

**Salad:**
- 4 cups Greens (lettuce, spinach, kale, Swiss chard), chopped
- 1 cup canned Low-Sodium Beans (black, kidney, or white beans)
- ½ cup Corn Kernels (fresh, frozen & thawed, or canned)
- 1 cup Tomatoes, chopped
- 2 or 3 Green Onions, finely chopped
- 1 cup Whole-Wheat Tortilla Chips, crushed
- ¼ cup Low-Fat Cheddar Cheese, shredded

*Optional additions/substitutions: salsa, cucumbers, peppers (bell or jalapeño), grated carrots, ground beef/turkey

**Directions**

1. In a small bowl, stir together the yogurt, lime juice, and spices. Adjust spices to your liking. Set aside.
2. Rinse greens, beans, tomatoes, green onions, and any other vegetable additions before preparing.
3. Chop greens, tomatoes, green onions, and any other vegetable additions. Crush tortilla chips.
4. Mix the greens, beans, corn, tomatoes, green onions, tortilla chips, cheese, and any additions in a large bowl.
5. Just before serving, pour the dressing over the salad and toss to coat. Eat immediately.

(Adapted from Good and Cheap, Eat Well on $4 a Day)

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**Salsa**

**Ingredients**

- ½ medium Onion, finely chopped
- 2 cups Tomatoes, chopped
- 1 Bell Pepper, chopped
- Juice of 1 lime
- ¼ cup Fresh Cilantro, finely chopped
- Salt and Pepper, to taste

*Optional additions/substitutions: chopped mango, peach, plum, or pineapple, low-sodium canned beans, corn, finely chopped garlic, or jalapeño peppers

**Directions**

1. If you like raw onion, skip ahead to step two. Otherwise, take the edge off by sautéing the onion with a bit of water in a pan over medium heat. The onion is ready once the water has boiled off.
2. Rinse tomatoes, peppers, cilantro, and any other vegetable additions before preparing.
3. Chop onion, tomatoes, peppers, and any other vegetable additions.
4. Pull cilantro leaves off the stem. Finely chop leaves.
5. In a large bowl, mix the onion, tomato, pepper, lime juice, cilantro, and salt and pepper.

(Adapted from Good and Cheap, Eat Well on $4 a Day)
### Nutrition Information (per serving)

**Taco Salad** (using lettuce and black beans)
- Serving size: 2 cups, Servings: 3
- Calories: 166, Protein: 11g, Carbohydrate: 30g
- Sugar: 6g, Fat: 2g, Sodium: 395 mg

**Salsa**
- Serving size: ½ cup, Servings: 6
- Calories: 24, Protein: 1g, Carbohydrate: 6g
- Sugar: 3g, Fat: 0g, Sodium: 102 mg

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**HILLVIEW URBAN AGRICULTURE CENTER** (HILLVIEW) is a 501(c)3 with the mission of creating a healthy community through a local, sustainable, and accessible food system by:

- Building soil with food waste
- Educating and inspiring people of all ages and abilities to grow food
- Preparing and preserving healthy food together
- Supporting a food system that serves all our community needs

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