

Taco Salad

Ingredients

Dressing:

- ¼ cup Sour Cream, low-fat
- 1 lime, juiced
- 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, diced
- ½ small Onion, finely chopped
- 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 sour cream, lime juice, and spices. Adjust spices to your liking. Set aside.
2. Rinse greens, beans, tomatoes, and any other vegetable additions before preparing.
3. Chop greens, tomatoes, onion, and any other vegetable additions.
4. Mix the greens, beans, corn, tomatoes, onion, 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*)

Avocado Tuna Salad

Ingredients

- 15 oz. (3 cans) Canned Tuna, in water
- 3 medium Avocados, pitted and sliced
- 1 small Onion, thinly sliced
- 1 Lemon, juiced
- 2 Tbsp. Olive Oil
- Salt and Pepper, to taste

*Optional additions/substitutions: cucumber, tomato, or herbs

Directions

1. To prepare the dressing, place lemon juice, olive oil, and spices in a small bowl and stir together.
2. To prepare salad, place sliced avocado, red onion, and drained tuna in a large bowl. Stir to combine.
3. Pour dressing over salad and stir together.

(Adapted from natashaskitchen.com)

Nutrition Information (per serving)

Taco Salad (using iceberg lettuce and black beans)

Serving size: 2 cups, Servings: 3

Calories: 306, Protein: 17g, Carbohydrate: 53g

Sugar: 9g, Fat: 6g, Sodium: 292mg

Avocado Tuna Salad

Serving size: ½ cup, Servings: 6

Calories: 296, Protein: 33g, Carbohydrate: 7g

Sugar: 1g, Fat: 16g, Sodium: 412mg