

Mexican-Style Taco Salad

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-mexican-taco-salad-recipe>

Ingredients:

- 2 teaspoons olive oil
- 1 onion large, finely chopped
- 3 cloves garlic minced
- 1 pound ground turkey
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 dash cayenne pepper
- 19 ounces kidney beans rinsed and drained
- 1 cup salsa
- 2 cups iceberg lettuce shredded
- 2 carrots small, julienned
- 2 red bell peppers cut into thin strips

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 60 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 2 grams
8. Sodium: 380 milligrams
9. Sugar: 5 grams

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