



TACO SALAD

RECIPE FROM *GOOD AND CHEAP* BY LEANNE BROWN
SERVES 2

SALAD

- 4 cups lettuce, chopped
- 1 cup beans, pulled pork, or ground beef
- 2 small tomatoes, chopped
- ½ cup corn, canned or fresh
- 2-3 scallions, finely chopped
- 1 cup tortilla chips, roughly crushed
- sharp cheddar or queso fresco, for sprinkling

DRESSING

- ¼ cup sour cream or yogurt
- juice of one lime
- salt and pepper

OPTIONAL ADDITIONS

- Cucumber, jalapeño, bell peppers, grated carrots, salsa

Mix up the dressing and taste it. Adjust the salt, pepper, and lime to your liking.

Mix the other ingredients in a large bowl. Pour the dressing over just before serving and toss to coat the salad evenly. Eat immediately, maybe with a few extra tortilla chips on the side.



MSU EXTENSION • AMBER KASTEN, RDN
PORTAGE HEALTH FOUNDATION • SAULT TRIBE ELDER SERVICES DIVISION



TACO SALAD

RECIPE FROM *GOOD AND CHEAP* BY LEANNE BROWN
SERVES 2

SALAD

- 4 cups lettuce, chopped
- 1 cup beans, pulled pork, or ground beef
- 2 small tomatoes, chopped
- ½ cup corn, canned or fresh
- 2-3 scallions, finely chopped
- 1 cup tortilla chips, roughly crushed
- sharp cheddar or queso fresco, for sprinkling

DRESSING

- ¼ cup sour cream or yogurt
- juice of one lime
- salt and pepper

OPTIONAL ADDITIONS

- Cucumber, jalapeño, bell peppers, grated carrots, salsa

Mix up the dressing and taste it. Adjust the salt, pepper, and lime to your liking.

Mix the other ingredients in a large bowl. Pour the dressing over just before serving and toss to coat the salad evenly. Eat immediately, maybe with a few extra tortilla chips on the side.



MSU EXTENSION • AMBER KASTEN, RDN
PORTAGE HEALTH FOUNDATION • SAULT TRIBE ELDER SERVICES DIVISION