

SOUTHWESTERN SALAD

4 Servings, about 1/2 cup beef mixture, 1/2 cup lettuce and cheese mixture each

Onions, chopped	1/2 cup
Lean ground beef	1 pound
Chili powder	1 tablespoon
Dry oregano	2 teaspoons
Ground cumin	1/2 teaspoon
Canned kidney beans, red, drained	1 cup
Canned chickpeas, drained	1 15-ounce can
Tomato, diced	1 medium
Lettuce	2 cups
Cheddar cheese	1/2 cup

PREPARATION TIME: 15 MINUTES

COOKING TIME: 10 TO 15 MINUTES

1. Cook ground beef and onions in a large skillet until the beef no longer remains pink. Drain.
2. Stir chili powder, oregano, and cumin into beef mixture; cook for 1 minute.
3. Add beans, chickpeas, and tomatoes. Mix gently to combine.
4. Combine lettuce and cheese in large serving bowl. Portion lettuce and cheese onto 4 plates. Add 1 cup of beef mixture on top of lettuce and cheese.

Note: Garbanzo bean is another name for chickpea.

PER SERVING:

Calories	485
Total fat	22 grams
Saturated fat	9 grams
Cholesterol	98 milligrams
Sodium	411 milligrams