

Lunch Box Taco Salad

Serves 1

- 2 cups shredded romaine lettuce
- ¼ cup chopped tomato
- ½ cup pinto or kidney beans
- ½ cup salsa
- ½ cup shredded low-fat Cheddar cheese
- 2 Tablespoons low-fat sour cream
- ½ ounce (about 10 medium) baked tortilla chips

1. In a plastic container big enough for finished bowl of salad, toss together lettuce and tomato.

2. In a small plastic container stir together beans and salsa. Pack shredded cheese and sour cream separately. Pack tortilla chips separately.

3. At lunch time, open the bowl with lettuce and tomato mixture. Pour bean and salsa mixture on top, add a dollop of sour cream and sprinkle with shredded cheese.

4. Finally, crush tortilla chips in the bag and pour over

Nutrition information: calories 308, total fat 7g, carbohydrates 44g, protein 19g, dietary fiber 12g.

