

# Taco Salad

<u>Code</u>
\$, GF, RH

<u>Nutrition Facts:</u>	
Yield	4
Calories	396
Total Fat	14 g
Sat Fat	3 g
Sodium	600 mg
Fiber	13 g
Carbohydrates	45 g
Cholesterol	39 mg
Protein	26 g

## Ingredients Needed:

- 4 cups salad greens, spring mix or romaine
- 2 cups quinoa, cooked
- 1 15-oz. can pinto beans, drained and rinsed
- 1 cup roasted skinless chicken, chopped (optional)
- 2 bell peppers, seeded and chopped
- 1 avocado, chopped
- 1/4 cup sharp Cheddar, shredded
- 1 cup salsa
- 2 tablespoons fresh cilantro, chopped
- Hot sauce, optional



## Recipe Directions:

- In a large bowl, mix all vegetables together
- In a separate bowl, gently toss together remaining ingredients, except hot sauce.
- Divide the two mixtures in 4 bowls
- Add hot sauce if desired