

Chipotle Ranch Taco Salad

Publix Aprons

Servings: 4

Preparation Time: 20 minutes

Cook time: 10 minutes

6 corn tortillas cut into thin strips

3/4 pound lean ground beef

1/2 teaspoon ground chipotle chili powder, divided

1 can (15.5 oz) low-sodium red kidney beans, rinsed and drained

1/2 cup Ranch dressing, divided

8 cups romaine lettuce leaves, torn

2 medium tomatoes, chopped

1/2 cup red onion, chopped

1/2 cup (2 oz) low-fat cheddar cheese, shredded

Preheat the oven to 400 degrees.

Arrange the tortilla strips on a baking sheet. Bake, until crisp, about 10 minutes. Reserve a handful of tortilla chips for garnish.

Meanwhile, in a 12-inch nonstick skillet over medium-high heat, brown the ground beef with 1/4 teaspoon of chili powder. Remove the skillet from the heat, then stir in the beans and 1/4 cup of the ranch dressing. Set aside to cool.

Layer three cups of lettuce, 1/3 of the tomato and onion and 1/2 of the beef mixture in a trifle dish or deep glass bowl. Sprinkle with 1/2 of the tortilla strips and 1/2 of the cheese. Repeat the layers. Top with the remaining two cups of lettuce, remaining tomatoes, onion and cheese. Sprinkle with the reserved tortilla strips.

Combine the remaining 1/4 teaspoon of chili powder with the remaining 1/4 cup of dressing and serve with the salad.

Per Serving (excluding unknown items): 311 Calories; 19g Fat (52.1% calories from fat); 23g Protein; 15g Carbohydrate; 9g Dietary Fiber; 64mg Cholesterol; 103mg Sodium. Exchanges: 2 Lean Meat; 3 Vegetable; 2 Fat.