

Mexican Beef Salad

Serves 4

- 1 pound lean ground beef (95% lean)
- 1 small onion, chopped
- 2 teaspoons chili powder
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- 5 cups thinly sliced romaine
- 1½ cups (about 8 ounces) grape tomatoes or cherry tomatoes, halved
- ½ cup drained, canned no-salt-added black beans, rinsed
- 3 tablespoons canned chopped mild green chiles, rinsed and drained
- ⅓ cup shredded fat-free or low-fat Cheddar cheese
- 2 tablespoons snipped fresh cilantro

In a large nonstick skillet, brown the ground beef and onion over medium heat for 8 to 10 minutes, or until the beef is not pink. Pour off and discard the drippings. Sprinkle with the chili powder, cumin, and garlic powder. Cook for 2 to 3 minutes.

Meanwhile, prepare the dressing (recipe follows).

To serve, place the romaine on a large platter. Top the romaine with the tomatoes, beans, green chiles, and beef mixture, in that order. Sprinkle with the Cheddar and cilantro. Serve with the dressing.

Spicy Ranch Dressing

- ½ cup fat-free or light ranch dressing
- ¾ teaspoon ground cumin
- ⅛ teaspoon red hot-pepper sauce

In a small bowl, whisk together the dressing ingredients.



DIETARY EXCHANGES 1 Starch, 1½ Vegetable, 3½ Lean Meat

NUTRIENTS PER SERVING Calories 292; Total Fat 7.9 g; Saturated Fat 3.3 g; Polyunsaturated Fat 0.9 g; Monounsaturated Fat 3.1 g; Carbohydrates 24 g; Fiber 5.1 g; Cholesterol 80 mg; Protein 32 g; Sodium 456 mg; Niacin 7.1 mg; Vitamin B₆ 0.6 mg; Vitamin B₁₂ 2.2 mg; Selenium 19 mg; Zinc 6.9 mg; Iron 4.8 mg

This recipe is an excellent source of fiber, protein, niacin, Vitamin B₆, Vitamin B₁₂, selenium, zinc, and iron.