



Taco Salad

4 large (10") whole wheat flour tortillas
1 Tbsp olive oil
1 ½ cups shredded, cooked chicken
Taco seasoning, low sodium variety
1 fresh roasted Anaheim green chile, chopped
1 can black beans, low sodium
1 bunch red leaf lettuce, rinsed and chopped
1 cup low fat shredded cheddar cheese
½ cup cilantro, chopped
2 medium tomatoes, chopped
4 green onions, chopped
Salsa
Fat free sour cream

1. To assemble shells: Quickly dredge each tortilla in a pie plate filled with water and 1 tbs. olive oil for a few seconds, just enough time to soften. On a cookie sheet, drape tortillas over empty aluminum cans, which have been rinsed and the label removed. Bake in a 350-degree oven for about 5 minutes, or until shells are crisp and golden brown. Remove and gently set aside.

2. Mix cooked, shredded chicken with green chili and taco seasoning.

3. To assemble salads: Fill each shell with lettuce, then top with meat, beans and cheese which have been equally divided. Sprinkle onions, tomato and cilantro on top of each salad. Top with ¼ cup of your favorite salsa and 2 Tbls fat free sour cream. Serves 4
Enjoy!

Nutritional Analysis

Serving Size: One salad

Calories	475
Total Fat	11g
Saturated Fat	3g
Cholesterol	56mg
Sodium	997mg
Carbohydrate	56g
Dietary Fiber	11g
Protein	38g

Diabetic Exchanges

Protein	5
Fat	2
Carbohydrate	4