Grab ‘n’ Go Dinner for Tonight

Confetti Taco Salad
Serves: 6

Ingredients:	Where to find it:
1 1/2 cups fresh corn kernels (about 3 ears) OR 1 1/2 cups of frozen corn	Produce Dept.
1/4 cup water	
3/4 lb (12 oz) extra lean ground beef	Meat Dept.
1 pkg reduced sodium taco seasoning	Aisle 2
1 (15 oz) can kidney beans, rinsed, drained	Aisle 3
1 pkg torn romaine lettuce OR 1 head of romaine, chopped	Produce Dept.
1 cup chopped baby carrots	Produce Dept.
1 cup chopped cauliflower	Produce Dept.
1 cup chopped tomato	Produce Dept.
1/2 cup cilantro, chopped	Produce Dept.
1/2 cup salsa	Aisle 2
1/4 cup fat free sour cream	Refrigerated Dairy
1/2 cup shredded Mexican-Blend or Cheddar cheese	Refrigerated Cheeses
6 (6”) corn tortillas	Aisle 1

1. Preheat oven to 400 degrees. Spray cookie sheet with nonstick cooking spray. Cut tortillas into 1/2” x 2” strips and place in a single layer on the cookie sheet; bake for 10-12 minutes, or until golden brown. Set aside to cool.
2. Bring 1/4 cup of water to boil in a nonstick skillet; add corn kernels that have been cut from the cob. Cover, reduce heat, and cook for 3 minutes. Remove from heat; drain off any water and set aside in a large bowl.
3. In the same skillet, brown the ground beef, stirring often to break up meat. Add beans and taco seasoning, and the amount of water called for on the package. Bring to a boil, reduce heat, and simmer according to package directions. Remove from heat and keep warm.
4. Combine romaine, carrots, cauliflower, tomato, and onions in the large serving bowl with the cooked corn.
5. In a small bowl, whisk together the salsa and sour cream. Drizzle over the vegetables in the large bowl; toss to combine. Top with the cooked beef-bean mixture, sprinkle with shredded cheese, and top with tortilla chips.

Confetti Taco Salad
Servings Per Meal (6)

Amount Per Serving	
Calories 470	**Calories from fat 100**
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 2.5g	13%
Cholesterol 40mg	13%
Sodium 550mg	23%
Total Carbohydrate 70g	23%
Dietary Fiber 12g	48%
Sugars 8g	
Protein 25g	

Vitamin A 130% • **Vitamin C** 50%
Calcium 15% • **Iron** 15%

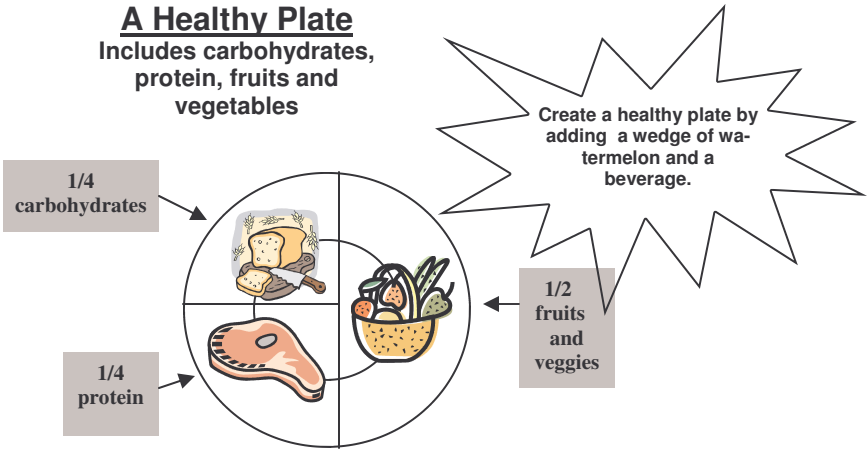
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

A Healthy Plate

Includes carbohydrates, protein, fruits and vegetables



Tonight’s Grab ‘n’ Go Dinner
Cost per serving: $1.79

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

SHAPE UP Kittitas County
www.shapeupkc.org

All ingredients will be marked with the Shape Up Kittitas County logo.