



Tortilla Chip Salad

Serves eight

FOR THE BEEF:

- 2 pounds ground beef
- 4 TBS olive oil
- 2 medium white onions – chopped
- 4 garlic cloves – minced
- 1 TBS ground cumin
- 1 TBS dry oregano
- 1 tsp. paprika
- 1 tsp. cayenne
- 3 large tomatoes – peeled and finely chopped
- ½ cup chopped cilantro
- ½ cup water
- 1 tsp. salt
- 1 tsp. black pepper

Heat a large skillet with 2 TBS olive oil. Add the beef and allow it to brown. Season it with salt and pepper. Once it is browned, drain the meat. Wipe down the skillet and add some more oil. Add the onions and cook for a few minutes, stirring occasionally. Add the garlic and cook for a couple of minutes until fragrant.

Return the meat to the pan and mix. Add the cumin, oregano, paprika and cayenne. Mix well. Add the tomatoes and cilantro. Add the water and mix well. Cook for 10 to 15 minutes and set aside.

FOR THE CORN SALSA:

- 1 medium white onion – finely chopped
- 1 – 15oz. can yellow corn kernels – drained
- 2 tomatoes – peeled and finely chopped
- 4 radishes – finely chopped
- ¼ cup chopped cilantro
- 1 small cucumber – seeded and chopped
- 1 small chili pepper – seeded, membrane removed and minced (opt)

½ lime – juiced
1 tsp. salt

Place all but the lime and salt in a bowl. Add the lime juice and season with salt. Mix well and set aside.

ASSEMBLING THE SALAD:

1 large iceberg lettuce – finely sliced
1 cup creamy cilantro dressing
½ cup grated cheddar cheese
½ cup sliced ripe olives
Tortilla Chips

Place some lettuce in a plate. Top with some of the beef. Top the beef with some corn salsa. Drizzle some creamy cilantro dressing on the corn. Top with some cheddar cheese and olives.

Arrange some tortilla chips on the sides of the salad. Garnish with chopped cilantro and serve. Enjoy!

Salad with 12 tortilla chips no dressing - CALORIES 651.33; FAT 37.78 grs (sat 11.57; mono 18.09; poly 4.82);
PROTEIN 36.85 grs ; FIBER 5.82 grs; CARBS 43.31 grs; CHOLESTEROL 107.20 mg; IRON 5.3 mg; SODIUM 1330.21
mg; CALCIUM 225.97 mg

2 TBS dressing - CALORIES 53.88; FAT 4.98 grs (sat 1.06; mono 1.43; poly 1.92); PROTEIN 0.28 grs ; FIBER 0.10 grs;
CARBS 1.52 grs; CHOLESTEROL 6.87 mg; IRON 0.14 mg; SODIUM 241.69 mg; CALCIUM 13.14 mg