Taco Salad
Makes 6 servings

Ingredients:
- 1 15-ounce can kidney beans
- 1/2 cup chopped onion
- 2 tablespoons water
- 1 tablespoon chili powder
- 6 taco shells
- 1 cup lettuce, chopped
- 2 small tomatoes, diced
- 1/2 cup shredded cheddar cheese
- taco sauce, optional

Directions:
1. Put kidney beans (including the liquid in the can) into mixing bowl and mash.
2. Chop the onion.
3. Heat the water in a frying pan, add the chopped onion and sauté for 1 minute.
4. Add the mashed beans and the chili powder to the frying pan.
5. Turn to low heat and stir frequently (you may need to add a little more water if it starts to stick or burn).
6. Break taco shells into small size chips.
7. Place taco chips onto plates and spoon the bean mixture over them.
8. Top bean mixture with lettuce, tomatoes, and cheese. Top with taco sauce if desired and serve.

Variation: Meat can also be browned and used in combination with beans, but fat and calorie levels will increase. Corn chips can be used instead of taco shells.

Source: Healthy Children, Healthy Families: Parents Making a Difference! Food and Nutrition Education in Communities, Division of Nutritional Sciences, Cornell University.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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