Tasty Taco Rice Salad
Makes 8 servings

Ingredients:
1 pound lean ground beef
1 1/2 cups instant brown rice, uncooked
2 cups water
1 cup onion, chopped (about 1 medium)
1 tablespoon chili powder
3 cups tomatoes, chopped
1 seeded jalapeño (chopped finely)
2 cups spinach or romaine lettuce
1 cup reduced-fat cheese, shredded

Directions:
1. Cook ground meat in a large skillet until brown (160°F). Drain off fat into a metal or glass container.*
2. Add rice, water, onion, and chili powder to meat in skillet.
3. Cover. Simmer over low heat about 15 minutes to cook rice.
5. Place layers of spinach or romaine lettuce, rice mixture, and cheese on plates. Serve at once.

Tips:
*Do not pour grease down the drain. Let grease harden, then put it in the trash.
2 cans (14.5 ounce) Mexican style tomatoes can be used instead of fresh tomatoes and jalapeño. This will increase the sodium.

Source: Iowa State University Extension

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