

Layered Taco Salad

Ingredients

- 1 lb lean ground beef
- 1 package (1 oz) reduced sodium taco seasoning mix
- 4 Roma tomatoes, chop
- 5 cups romaine lettuce, chopped
- 1 can low fat refried beans
- 1 can chopped green chiles
- 1/3 cup shredded cheddar cheese

Directions

1. In a medium skillet, cook beef with taco seasoning mix over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked. Set aside to cool completely.
2. Spread refried beans evenly onto serving platter. Top with beef, half of the lettuce, half of the tomatoes, and chopped green chiles.
3. Top with remaining lettuce, tomatoes and cheese
4. Use favorite salsa or pico as a dressing, enjoy!