

Recipe

Easy Vegetarian Taco Salad

2 Servings | Total Time: 15 Minutes

Nut-Free, Low-Calorie, Healthy Immunity, High-Protein, Egg-Free, Gluten-Free, Vegetarian



INGREDIENTS:

- 4 ounces frozen tofu or black bean crumbles, such as Morning Star Farms® or Wildwood® brands
- 3 cups shredded romaine lettuce
- $\frac{3}{4}$ cup chopped tomatoes
- $\frac{1}{2}$ cup canned no-salt-added black beans, rinsed and drained
- $\frac{1}{4}$ cup shredded reduced-fat cheddar cheese (1 ounce)
- 8 lime or cheddar-flavored tortilla chips, such as Food Should Taste Good® brand
- 2 tablespoons light sour cream
- 1 tablespoon salsa

DIRECTIONS:

1. Prepare tofu or bean product according to package directions.
2. Divide romaine lettuce between two plates or large salad bowls.
3. Top with heated tofu or bean product.
4. Top with tomatoes, beans, cheese, and chips.
5. Serve with sour cream and salsa.

NUTRITION

Per Serving:

Calories: 325	Protein: 29g
Carbohydrates: 4g	Dietary Fiber: 1g
Fat: 20g	Saturated Fat: 8g
Calcium: 28mg	Magnesium: 13mg
Potassium: 286mg	Sodium: 329mg

Source: eatingwell.com/recipe/268280/easy-vegetarian-taco-salad

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