**Taco Salad**

¾ - 1 lb ground turkey or hamburger

½ large head of lettuce

1 can black beans-rinsed

2 tomatoes- diced

2 green onion-chopped

1Tbs. taco seasoning

4 Tbs. sour cream

½ cup salsa

1 cups Monterey Jack and/or Cheddar Cheese-shredded

Tortilla Chips-optional

1. Brown meat in a medium skillet. Add seasoning when most of the meat is cooked. Continue cooking and drain off excess liquid and fat into the empty can from the black beans.
2. Chop tomatoes and green onion.
3. Tear or cut lettuce into bite size pieces.
4. If adding tortilla chips break them up and add to salad.
5. Mix all ingredients together in a large bowl or individual tortilla salad bowls (recipe is on the back)
6. Top your salad with salsa and sour cream.