

Southwest Salad

Makes 4 servings.

Prep time: 30 minutes

Ingredients:

- 1 lb. ground beef
- ½ cup onions, chopped
- 1 tablespoon Chili Powder
- 2 teaspoon Ground Cumin
- 1 cup Kidney beans, canned, unsalted, drained
- 1 can (15 oz) Chickpeas, unsalted, drained
- 1 medium tomato, diced
- 2 cups Romaine lettuce
- ½ cup Cheddar Cheese, reduced fat



1. Cook ground beef and onions in a large skillet until the beef no longer remains pink. Drain.
2. Stir in chili powder and cumin into beef mixture; cook for 1 minute.
3. Add kidney beans, chick peas, and tomatoes. Mix. Heat through.
4. Combine lettuce and cheddar cheese in a large serving bowl.
5. Portion lettuce and cheese mixture into 4 separate bowls. Add 1 cup of beef mixture to each bowl and serve.

Nutrition information per serving: Calories 330, Total Fat 7g, Saturated Fat 2g, Protein 36g, Carbohydrate 33g, Dietary Fiber 11g, Cholesterol 65mg, Sodium 210mg



Adapted from: <http://www.fruitsandveggiesmorematters.org/>
For CalFresh or Food Bank information, call (805) 238-4664.

Ensalada Suroeste

Rinde 4 porciones.

Tiempo de preparación: 30 minutos

Ingredientes:

- 1 libra carne molida
- ½ taza de cebolla rallada
- 1 cucharada de chile polvo
- 2 cucharadita de comino polvo
- 1 taza frijoles rojos, sin sal y sin agua
- 1 latta (15 oz) de garbanzos, sin sal
- 1 tomate mediano
- 2 tazas de lechuga romane
- ½ taza de queso cheddar, con grasa rebajada.



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